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TERMS WHICH APPLY

1. **Get - Off** - One of the biggest factors to our success will be our ability to react quickly to movement (find what moves 1st) & generate speed & power up field a must !
2. **Credit Card Alignment** - Getting tight alignment to the ball with out being off-sides. We're so tight that the only thing you can get between you & the ball is a credit card.
3. **Two Way Go** - Where you can defeat a pull collision block 2 ways, depending on where the blocker puts his head. Back door (water-ski), or cross his face.
4. **Fish Hooks** - A term used to describe poor angle's to the football off the football off up field pressure.
5. **Pre-Snap** - Not tensed but relaxed. Your mind should be free of all thoughts so you can react and explode on snap.
6. **To Be A Factor** - Measurable contribution per play.
7. **Hat In Crack** - Run Defense term to defensive linemen. Get off on movement & play your Gap (Hat in a Crack).

DEFENSIVE (RUSHMAN) LINEMAN

The most physically demanding position in football. Talent is not the issue (many talented defensive lineman haven't reached their full potential because of lack of paying the price). The issue is:

- Attitude toward work, toward practice - hustle - play hard
- Knowledge, gaining every edge. Know your job, study, prepare, know yourself.
- Play with technique (skill development) daily work habits, towards ingraining your skills.
- Finish everything!! Finish every pass rush, never give in.

These points take no talent, it take's an attitude toward being the very best player you can be.

- * We Must 1st Work to Make Our Habits, then our Habits Will Make Us.

PRIDE / CONDITIONING

We have a lot of men with great pride. Your pride will not allow you to quit or get beaten. Conditioning will allow your pride to always surface, conditioning will keep you in every game.

Consistency is a must, every day no matter if its hot, cold, ahead, behind, pain, no pain, it doesn't matter, be the same consistent man every day.

If it were easy - every talented lineman would be a great lineman.

- * Hold yourself to a higher standard, than what people expect of you!

DETERMINATOR:

- a. Force QB to throw incomplete or intercepted pass.
- b. Force QB out of pocket.
- c. Force QB to ground ball.
- d. Force QB to pull up on sprint out.
- e. Force fumbles.
- f. Force safeties.
- g. Force additional blocks.
- h. Force offensive player to be penalized.
 - 1. To hold.
 - 2. To be off sides.

TERMINATOR:

- a. Make a tackle
- b. Assist in a tackle
- c. Make a sack
- d. Make an interception
- e. Block a pass
- f. Make a fumble recovery
- g. Make a safety
- h. Block a kick

RUN RULES Hat's In Cracks

1. PLAY THE DEFENSE THAT IS CALLED (Play Your Gap)

- A.** Know your alignment and technique - be detailed, be precise.
- B.** Note opponents stance, weight, and splits.
- C.** Know backfield sets.
- D.** Get the big picture, see any and all movement around you.
- E.** Get off!
- F.** Execute your charge.

2. REACTIONS - "No Guessing"

- A.** Key head of the lineman your on. Focus your eye's on him.
- B.** Stimulus - Response.
- C.** High Hat, Low Hat - Get your Hat in a Crack!
- D.** Footwork.
- E.** Hands, Proper Placement, Lock out. (Shed) get-off blocks. 6-Tech.

3. KEYS - Spider Reactions



Man
Drive
Hook
Cut-Off



Down Trap



Pull Collision



High Hat
Pass!!
React &
Retrace to
Draw

*** Play Your Gap, Do Your Job No Guessing - Get Off!**

A PHILOSOPHY OF GET-OFFS AND STARTS

We will be known for our aggressive, relentless, and technical get-offs.

A. Alignment - Crowd the ball. (Credit Card Alignment)

1. Align on the tip of the ball; ball's ready, you're ready.
2. Working with the football will help us zero in on movement. What ever moves first.
3. Development of a trained eye. (Work on the same side everyday)

B. Stance - Tight, narrow, bunched sprinters stance.

1. Up hand on up knee - push down!
2. Down hand - claw grass as you get-off.
3. Hair trigger explode - be part of the ball.

C. Stimulus

1. We're gone on movement. Get off as the ball starts to move.
2. A string tied from the tip of the ball to your nose.
3. We must make the stimulus clear.

D. Response

1. Throw your body.
2. Led with your nose, head, and shoulders.
3. Fall out of your stance.
4. 1st step - replace your hands. Reach out.
5. Explode forward. Get up field.

E. Cadence and Rhythm

1. Do not listen! Movement - Not Sound! Cotton in ears.

***The key to our Rushmen success, will be our ability to penetrate the running game and mount a vicious pass-rush in any situation. This will demand from us - concentration, focus, and tremendous mental toughness.**

***We will Rush the "Passer" more than any other single thing on defense.**

BLOCKING PATTERNS FOR

- **NOSE TACKLE**
- **UNDER TACKLE**
- **OPEN & CLOSED ENDS**

DEFENSIVE LINE - ALIGNMENTS

Alignment positions = 9, 6 (Stack) 5 Loose 5 3 1

Gap Responsibilities = A, B, C, D

Rule - 5 Always stays a 5.

A - Loose 5 can turn into a 6 tech.

A - 6 Can turn into a Loose - 5.

NOSE GUARD

1 TECHNIQUE

STANCE:

ALIGNMENT:

KEY:

RUN RESPONSIBILITY:

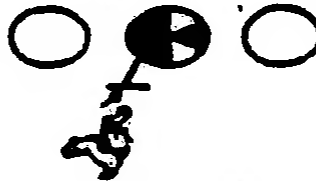
3 POINT WITH YOUR OUTSIDE FOOT BACK.
SLIGHTLY COCKED OUTSIDE SHADE OF CENTER AND
PLAY AS TIGHT TO HIM AS POSSIBLE WITHOUT BEING
HOOKED.

CENTERS HEAD.

RUN TO: "A" GAP.

RUN AWAY: SQUEEZE F/R SIDE "A" GAP.

DRIVE BLOCK



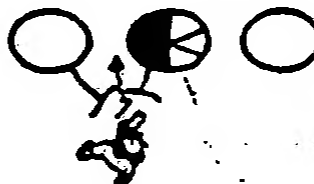
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER (SHOULD BE A TRAIN WRECK). GET YOUR HAT IN THE CRACK. NEUTRALIZE CENTER ON THE L.O.S. WITH HAND SHIVER. LOCK OUT AND SEPARATE. HOLD "A" GAP AND SQUEEZE.

SCOOP BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER. GET YOUR HAT IN THE CRACK. WHEN YOU FEEL THE GUARD, GET IN THE SEAM. SHOOT FIELD SHOULDER THROUGH. MAKE GUARD PUSH YOU INTO THE PLAY (HOLD ON TO CENTER AS LONG AS YOU CAN, THIS WILL PULL YOU INTO GAP). C.P.: CAN NOT ALLOW CENTER OFF ON LB, IF SO, YOUR PLAY!

DOUBLE TEAM BLOCK

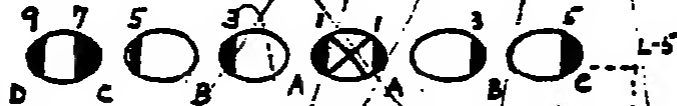


EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER (TRAIN WRECK). GET YOUR HAT IN THE CRACK. WHEN YOU FEEL THE GUARD, DROP YOUR OUTSIDE HIP AND TURN YOUR SHOULDER TO THE GUARD AND WORK UP FIELD AND SPLIT DOUBLE TEAM. STAY LOW.

DEFENSIVE LINE - ALIGNMENTS

Alignment positions = 9, 7 (Stack) 5 Loose 5 3 1

Gap Responsibilities = A, B, C, D



Stance & Alignment

Rule - 5 Always stays a 5. 6

A - Loose 5 can turn into a X tech.

A - 6 CAN turn into a Loose-5

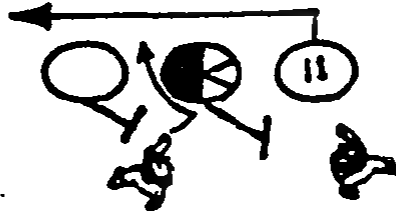


Note: Inside foot back, Toe/Toe alignment - can't get hooked. If your inside foot is up, you can tighten up your alignment a little to help you squeeze inside blocks.

C.P. We always step with our back foot - short quick step, get it in to the ground quickly.

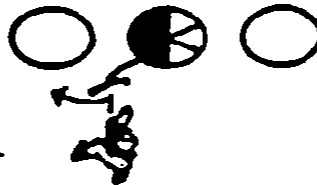
C.P. On all shade's have a slight tilt (Better Vision) and get -off on movement in a 7 (Stack) or 9 Technique no need to tilt.

DOUBLE BACK BLOCK



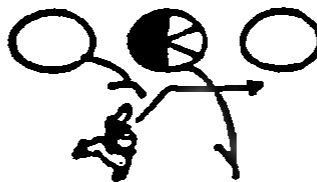
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER. GET YOUR HAT IN THE CRACK. IF THE CENTER GOES FLAT AWAY FROM YOU, PLAY BACK TO THE GUARDS DOWN BLOCK. EITHER CROSS HIS BLOCK OR RUN AROUND HIS BLOCK UP FIELD. DON'T GET DRIVEN OFF THE L.O.S. C.P.: BE AWARE OF PRE-SNAF SPLITS, STANCES AND WEIGHT, ESPECIALLY UNCOVERED GUARD.

HOOK BLOCK



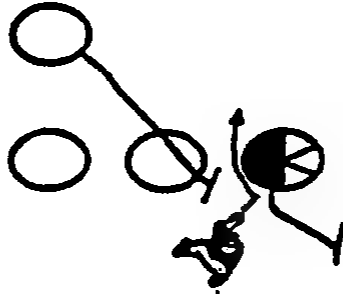
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER (TR: WRECK). GET YOUR HAT IN THE CRACK. DRIVE THROUGH CENTER HEAD WITH HAN. SHIVER AND PUSH WITH ONSIDE ARM ON SHOULDER. FLATTEN AND KEEP LEVERAG ON BLOCK UNTIL BALL IS DECLARED INSIDE OR OUTSIDE.

SCOOP (CENTER RELEASES OUTSIDE CYLINDER)



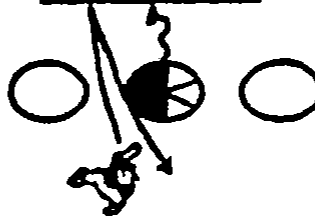
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER. GET YOUR HAT IN THE CRACK. SEE CENTER RUN UP FIELD AND GUARD COMING ON, FIGHT TO STAY IN SEAM. BACK DOOR AND FLATTEN AS YOU RUN THROUGH. MAKE GUARD PUSH YOU INTO PLAY. USE BACKSIDE ARM TO STAY ALIVE. REPLACE LB'ER.

WHAM BLOCK



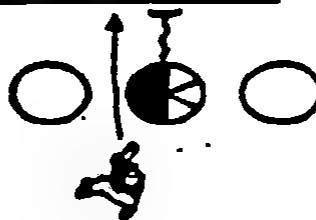
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER. GET YOUR HAT IN THE CRACK. AS CENTER STALKS OR BLOCKS BACK, LOOK FOR WHAM. GO TO SPILL BACK WITH UP FIELD SHOULDER.

DRAW BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER. GET YOUR HAT IN THE CRACK. HIGH HAT = PASS! CLUB ON SHOULDER, SWIM OR RIP. FEEL CENTER TURN YOU OUT. COME BACK OUT THE WAY YOU WENT IN. DIVERT BACKS COURSE. PLAY PASS FIRST! NOTE THE DIFFERENCE, DRAW SET-PASS SET.

DROP BACK PASS



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF CENTER. GET YOUR HAT IN THE CRACK. HIGH HAT = PASS! RUSH, RUSH, RUSH. CLUB ON SHOULDER, SWIM OR RIP. WORK A MOVE INTO YOUR LANE. GET TO THE QB.

UNDER TACKLE

3 TECHNIQUE

STANCE:

ALIGNMENT:

KEY:

RESPONSIBILITY:

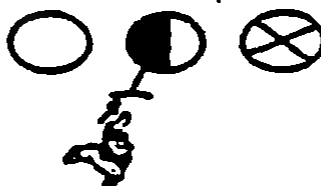
3 POINT WITH YOUR OUTSIDE FOOT BACK.
SLIGHTLY COCKED OUTSIDE SHADE OF OFFENSIVE
GUARD. PLAY AS TIGHT TO THE GUARD AS POSSIBLE
WITHOUT BEING HOOKED.

GUARDS HEAD.

RUN TO: "B" GAP.

RUN AWAY: SQUEEZE AND RELEASE TO "A" GAP.

DRIVE BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD (SHOULD BE TRAIN WRECK). GET YOUR HAT IN THE CRACK. GET HANDS INSIDE, LOC OUT AND SEPARATE. HOLD "B" GAP, SQUEEZE DOWN. SHED AND ESCAPE.

HOOK BLOCK



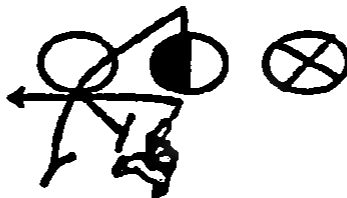
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD (TRAIN WRECK). GET YOUR HAT IN THE CRACK. FLATTEN THE GUARD ON THE L.O.S. AND KEEP OUTSIDE LEVERAGE. SHED AND ESCAPE.

DOWN BLOCK (TRAP)



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. DOWN BLOCK = TRAP! REDIRECT AND CLOSE, LOOK FOR TRAPPING GUARD. IF TRAPPER IS COMING, SPILL OUTSIDE WITH UP FIELD SHOULDER.

TUG BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. GO THROUGH THE BACK DOOR BY LOWERING THE INSIDE SHOULDER AND FLATTENING DOWN THE LINE. IF O.T. FLAT AND YOU GET STUCK, LOWER OUTSIDE SHOULDER AND SPIN ACROSS.

SCOOP BLOCK



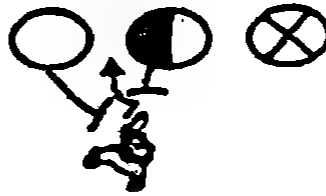
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. DROP INSIDE SHOULDER TO RUN THROUGH. RICOCH OFF TACKLE. PLANT OUTSIDE FOOT AND PUSH OFF. USE OUTSIDE HAND TO PROTECT LEGS. DON'T GET CUT. C.P.: NOTE PRE-SNAP SPLITS AND STANCE. THIS THE #1 BLOCK VS. UNDER TACKLE.

CUT OFF BLOCK



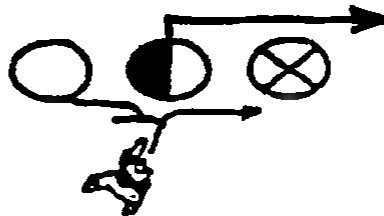
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. SQUEEZE GUARD INTO "A" GAP PROTECTING THE "B" GAP. WHEN THERE IS NO THREAT TO "B" GAP, SHED AND ESCAPE.

DOUBLE TEAM BLOCK



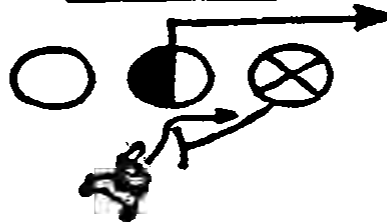
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD (TRAIL WRECK). GET YOUR HAT IN THE CRACK. WHEN YOU FEEL TACKLE, DROP YOUR OUTSIDE HIP AND TURN YOUR SHOULDER TO THE TACKLE AND WORK UP FIELD AND SPLIT THE DOUBLE TEAM. STAY LOW.

REACH BLOCK



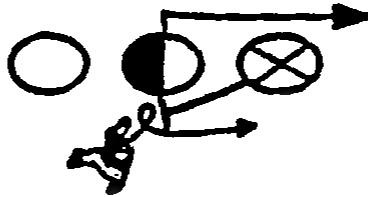
NOTE CHEATED DOWN O.T., HIS SPLIT AND STANCE. TIGHTEN DOWN TO OUTSIDE END OF GUARD. GET OFF ON BALL OR MOVEMENT. EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD (NO CRACK TO GET HAT IN). RICOCHET OFF TACKLE AND FLATTEN WITH GUARD. USE OUTSIDE HAND TO PROTECT LEGS. DON'T GET CUT.

FOLD BLOCK



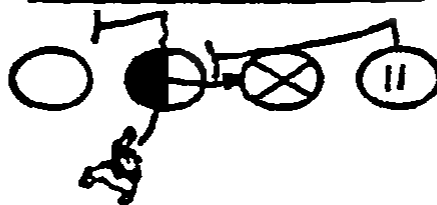
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. PULL - THINK FOLD BY CENTER. GO TO RUN THROUGH. DROP INSIDE SHOULDER AND FLATTEN DOWN THE LINE BACK DOOR. C.P.: NOTE PRE-SNAP STANCES AND SPLITS. GUARD LIGHT, CENTER HEAVY...THINK FOLD.

FOLD BLOCK (CENTER FLAT)



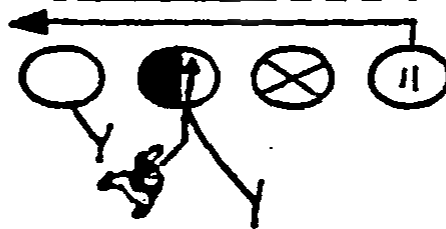
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. PULL - THINK CENTER FOLD. FEEL CENTER'S BLOCK. DR INSIDE SHOULDER AND SPIN OUT.

INFLUENCE TRAP BLOCK



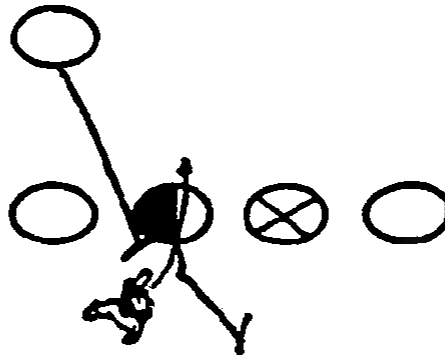
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. HIGH HAT = PASS! KEEP RUSHING. GUARD RELEASE! OUTSIDE...TRAP! CLOSE DOWN INSIDE AND SPILL OUTSIDE WITH UP FIELD SHOULDER. PLAY PASS FIRST!

COUNTER - O.T. BLOCK



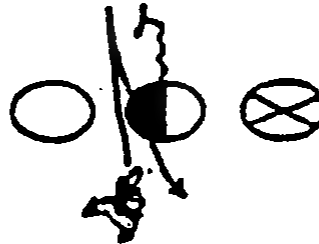
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET HAT IN THE CRACK. DOWN BLOCK, REDIRECT AND CLOSE THINKING TRAP. BUT FEEL DOWN BLOCK OF TACKLE (MIGHT SEE BACKSIDE PULLER). FIGHT TO HOLD GROUND THINK UP FIELD PENETRATION. KNOCK OFF PULLERS.

WHAM BLOCK



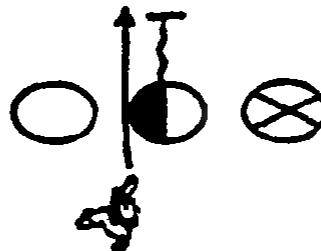
EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET HAT IN THE CRACK. MAY READ AS HOOK OR TURNOUT AT FIRST, BUT EVENTUALLY DOWN = TRAP! REDIRECT AND CLOSE SPILL BACK WITH UP FIELD SHOULDER.

DRAW BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. HIGH HAT = PASS! KEEP RUSHING, FEEL GUARD TURN YO OUT. GO BACK OUT THE WAY YOU CAME IN. RETRACE YOUR STEPS. DIVERT BACKS COURSE. PLAY PASS FIRST!

DROP BACK PASS



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. HIGH HAT = PASS! RUSH, RUSH, RUSH. WORK A MOVE, STAY IN YOUR LANE. U.T. HAS A 2 WAY GO. GET TO THE QB! THIS IS WHY YOU'RE HERE.

CLOSED END

5 TECHNIQUE

STANCE:

ALIGNMENT:

KEY:

RESPONSIBILITY:

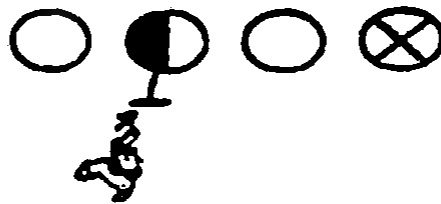
3 POINT WITH YOUR OUTSIDE FOOT BACK.
SLIGHTLY COCKED OUTSIDE SHADE OF OFFENSIVE
TACKLE AND GET TIGHT AS POSSIBLE WITHOUT
BEING HOOKED.

TACKLES HEAD.

RUN TO: "C" GAP.

RUN AWAY: SQUEEZE & RELEASE TO "B" GAP.

DRIVE BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE (SHOULD BE TRAIN WRECK). GET YOUR HAT IN THE CRACK. GET HANDS INSIDE, OUT AND SEPARATE. HOLD "C" GAP. SQUEEZE DOWN, SHED AND ESCAPE.

HOOK BLOCK

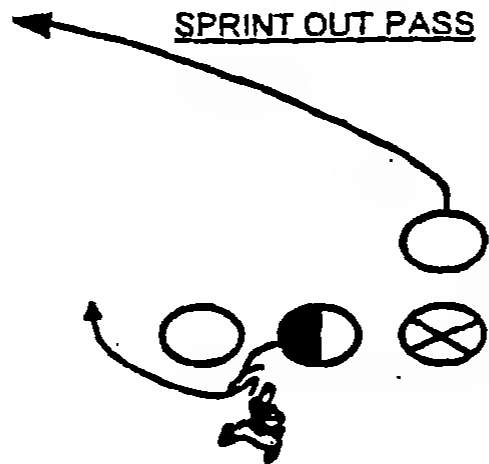


EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE (TRAIN WRECK). GET YOUR HAT IN THE CRACK. FLATTEN THE TACKLE ON THE L.O.S. AND KEEP OUTSIDE LEVERAGE. SHED AND ESCAPE.

HOOK BLOCK (OUTSIDE CYLINDER)

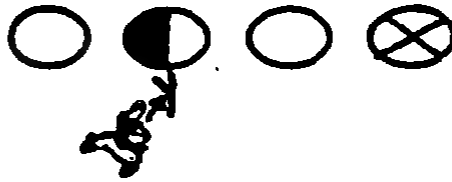


EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. IF O.T. IS TOO FLAT, DROP OUTSIDE SHOULDER AND WHEEL BACK DOOR. FLATTEN AND PURSUE. YOU MUST REPLACE LB'ER.



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF GUARD. GET YOUR HAT IN THE CRACK. WORK A PASS RUSH MOVE AND GET INTO YOUR LANE. KEEP COMING. DON'T LET QB SET UP.

CUT OFF BLOCK



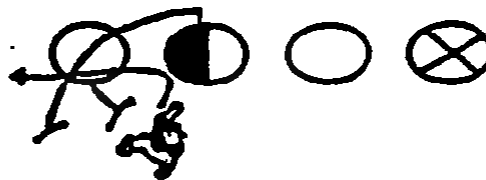
EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. SHOOT HANDS INSIDE, LOCK OUT AND SEPARATE. SQUEEZE DOWN AND CONDENSE 'B' GAP. WHEN THERE IS NO THREAT TO 'C' GAP SHED AND ESCAPE.

CUT OFF BLOCK (OUTSIDE CYLINDER)



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. IF O.T. IS TOO FLAT, PUSH OFF OUTSIDE FOOT, DRC INSIDE SHOULDER AND WHEEL BACK DOOR. FLATTEN AND PURSUE. YOU MUST REPLACE LB'ER.

TED BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK BUT TACKLE IS PULLING. PUSH OFF YOUR INSIDE-FOOT AND DROP OUTSIDE SHOULDER AND WHEEL BACK DOOR. IF YOU GET STUCK OR T.E. TOO FLAT, SPIN OUT OR CLUB BY. FLATTEN AND PURSUE.

DOUBLE TEAM BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE (TRAIN WRECK). GET YOUR HAT IN THE CRACK. WHEN YOU FEEL PRESSURE FROM THE T.E., DROP YOUR OUTSIDE HIP AND TURN YOUR SHOULDER TO THE T.E. AND WORK TO GET UP FIELD. STAY LOW.

DOWN BLOCK (TRAP)

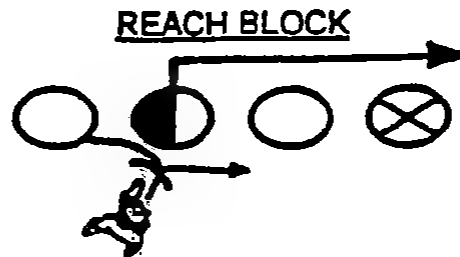


EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. DOWN BLOCK = TRAP! REDIRECT AND CLOSE, LOOK FOR TRAPPING GUARD. IF TRAPPER IS COMING, SPILL OUTSIDE WITH UP FIELD SHOULDER.

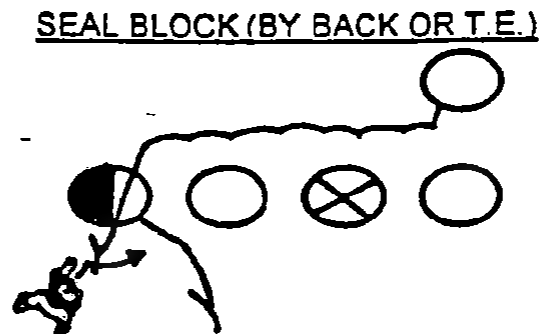
SCOOP BLOCK



EXPLODE UP FIELD ATTACKING NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. WHEN YOU FEEL THE T.E. GET INTO THE SEAM. SHOOT UP FIELD. ARM/SHOULDER THROUGH. MAKE T.E. PUSH YOU INTO THE PLAY (HOLD ON TO TACKLE AS LONG AS YOU CAN). THIS WILL PULL YOU INTO GAP. C.P.: CANNOT ALLOW TACKLE OFF ON LB'ER. IF SO, YOUR PLAY!

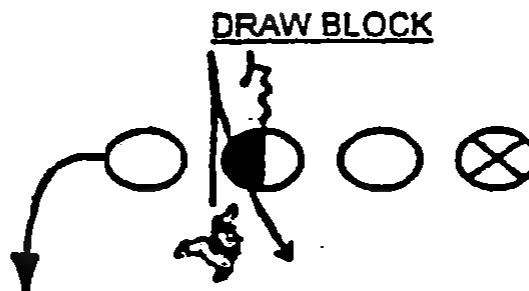


NOTE CHEATED DOWN T.E., HIS SPLIT AND STANCE. TIGHTEN DOWN TO OUTSIDE OF TACKLE. GET OFF ON BALL OR MOVEMENT. EXPLODE UP FIELD ON FIRST STEP ATTACKING NEAR SHOULDER OF TACKLE (NO CRACK TO GET HAT IN). RICOCHET OFF T.E. AND FLATTEN WITH TACKLE. USE OUTSIDE HAND TO PROTECT LEGS. DON'T GET CUT.

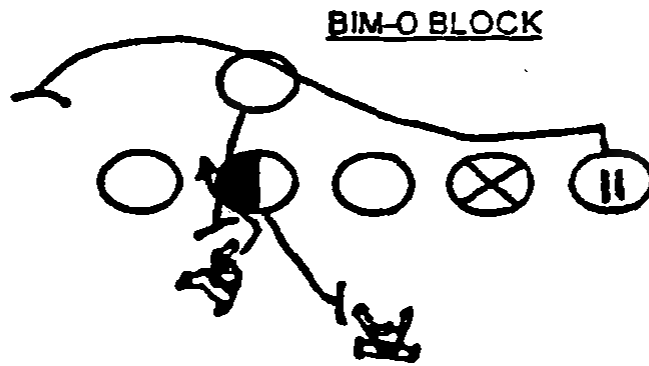


EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. TACKLE PULLS. PLANT OUTSIDE FOOT AND CLOSE. RIP AND COME UNDER BACK (OFF T.E.). CAN'T BE CUT OFF OR FORCED UP FIELD. YOU STILL HAVE "C" GAP.

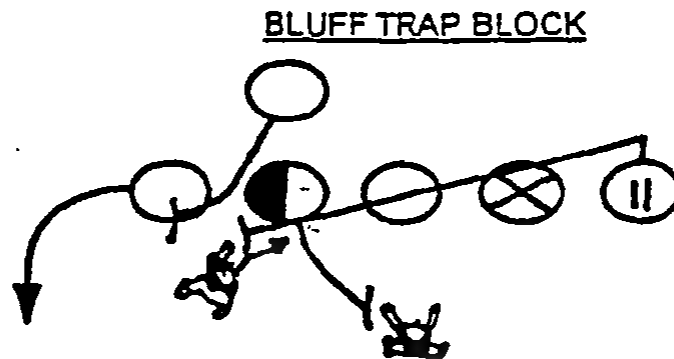
C.P. - USE YOUR HAT'S!!



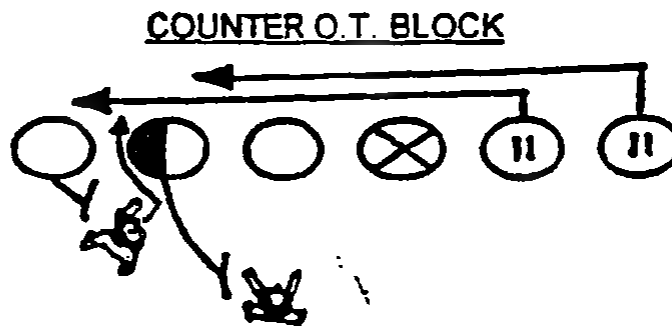
EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. HIGH HAT = PASS! KEEP RUSHING. FEEL TACKLE OR PUSH BY. COME BACK OUT THE WAY YOU CAME IN. DIVERT BACKS COURSE. KNOW AND READ THE DIFFERENCE BETWEEN PASS SET AND DRAW SET. PLAY PASS FIRST!



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. DOWN BLOCK = TRAP! REDIRECT AND CLOSE, LOOK FOR TRAPPING GUARD. IF GUARD HAS DEEP COURSE, MEANS BIM BLOCK. GET UPFIELD AND TAKE ON BACK WITH OUTSIDE SHOULDER AND GET UNDERNEATH. C.P. KEY IS GUARDS COURSE. FLAT IS TRAP, DEEP IS BIM. IF IN DOUBT, PLAY TRAP.



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. DOWN BLOCK = TRAP! REDIRECT AND CLOSE, LOOK FOR TRAPPING GUARD. IF TRAPPER IS COMING, IGNORE BACK AND CLOSE AND SPIKE WITH OUTSIDE SHOULDER. DO NOT LET BACK INFLUENCE YOU. C.P.: KEY IS GUARD COURSE.



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET HAT IN THE CRACK. DOWN BLOCK = TRAP! FEEL DOWN BLOCK OF T.E. PLANT INSIDE FOOT AND TRY TO PENETRATE. FIGHT NOT TO GET WASHED DOWN. SEE BACKSIDE PULLERS AND TRY TO KNOCK ONE OFF.

UNDER END

LOOSE 5 TECHNIQUE

STANCE:

ALIGNMENT:

KEY:

RESPONSIBILITY:

3 POINT STANCE WITH YOUR OUTSIDE FOOT BACK
SLIGHTLY COCKED ONE YARD OUTSIDE TACKLE.

TACKLES HEAD.

RUN TO: "C" GAP

RUN AWAY: SQUEEZE & RELEASE TO "B" GAP.

DRIVE BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE (SHOULD BE A TRAIN WRECK). GET HANDS INSIDE, LOCK OUT AND SEPARATE. SQUEEZE DOWN AND HOLD THE "C" GAP. WHEN THERE IS NO THREAT TO "C" GAP, SHED AND ESCAPE.

HOOK BLOCK



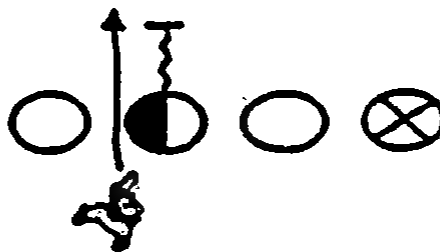
EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE (TRAIN WRECK). PLANT INSIDE FOOT AND RICOCHET OFF. WIDEN AND GIVE GROUND. WORK OUTSIDE AND UP. KEEP OUTSIDE ARM FREE. CAN NEVER BE HOOKED FROM LOOSE 5.

CUT OFF BLOCK



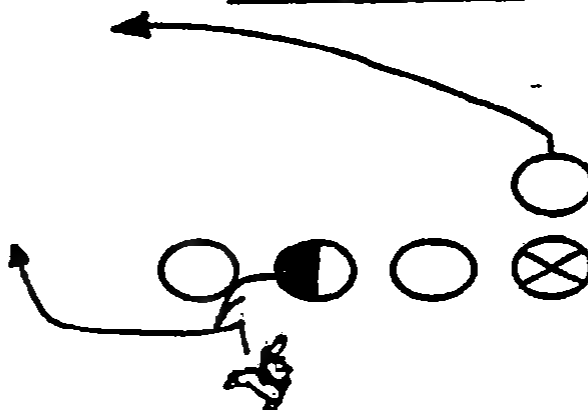
EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. PLANT OUTSIDE FOOT AND CLOSE DOWN. GET HANDS INSIDE, LOCKOUT AND SEPARATE. SQUEEZE DOWN AND CONDENSE "B" GAP. WHEN THERE IS NO THREAT TO "C" GAP, SHED AND ESCAPE.

DROP BACK PASS



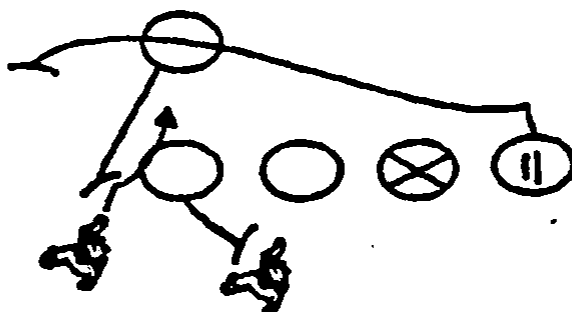
EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. HIGH HAT = PASS! RUSH, RUSH, RUSH. WORK A MOVE. STAY IN YOUR LANE. GET TO THE QB. THIS IS WHY YOU'RE HERE.

SPRINT OUT PASS



EXPLODE UP FIELD WITH FIRST STEP ATTACKING NEAR SHOULDER OF TACKLE. GET YOUR HAT IN THE CRACK. WORK A PASS RUSH MOVE UP FIELD AND GET INTO YOUR LANE. KEEP COMING DON'T LET QB SET UP.

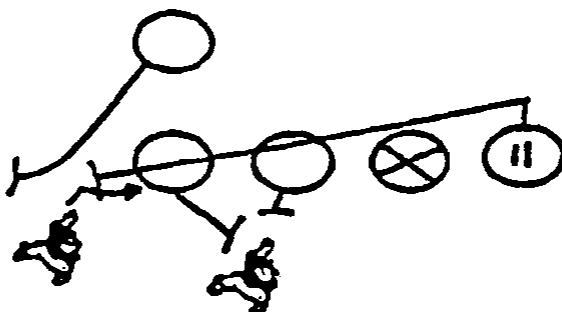
BIM-O BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. DOWN BLOCK = TRAP! REDIRECT AND CLOSE, LOOK FOR TRAPPING GUARD. IF GUAR HAS DEEP COURSE, MEANS BIM BLOCK. GET UP FIELD AND TAKE ON BACK WITH OUTSIDE SHOULDER AND GET UNDERNEATH. C.P.: KEY IS GUARDS COURSE. FLAT TRAP, DEEP IS BIM. IF IN DOUBT, PLAY TRAP.

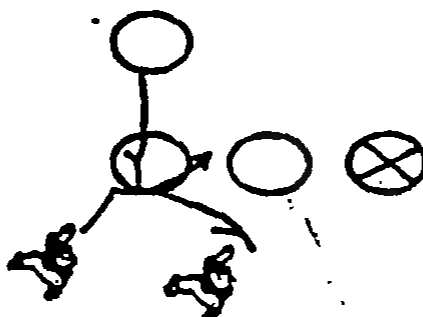
(Hanas)

BLUFF TRAP BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. DOWN BLOCK = TRAP! REDIRECT AND CLOSE, LOOK FOR TRAPPING GUARD. IF TRAPPER IS COMING, IGNORE BACK AND CLOSE AND SPILL WITH OUTSIDE SHOULDER. DO NOT LET BACK INFLUENCE YOU. C.P.: KEY IS GUARDS COURSE.

SEAL BLOCK (BY BACK)



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. TACKLE SEALS ON U.T. SO YOU'RE ON AIR. LOOK INSIDE AND TAKE ON BACK WITH OUTSIDE SHOULDER AND GET UNDERNEATH. DON'T GET CUT OFF, YOU'VE GOT "C" GAP ON CUTBACK.

Handy

DOWN BLOCK (TRAP)



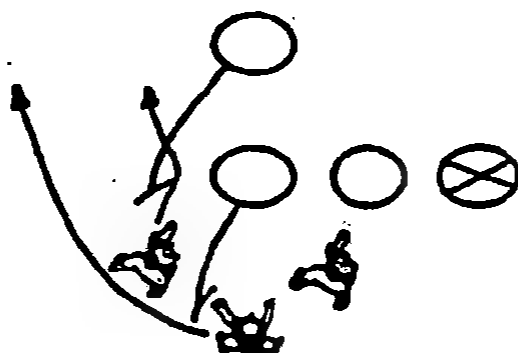
EXPLODE UP FIELD WITH THE FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. DOWN BLOCK = TRAP! REDIRECT AND CLOSE. LOOK FOR TRAPPING GUAR. IF TRAPPER IS COMING, SPILL OUTSIDE WITH UP FIELD SHOULDER.

X BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. DOWN BLOCK = TRAP! REDIRECT AND CLOSE. THIS HITS QUICK. FIGHT TO SPILL OUTSIDE WITH UP FIELD SHOULDER. LB'ER HAS CONTAIN.

BIM BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. TACKLE JUMPS THROUGH ON BACKER SO YOU'RE ON AIR. TAKE ON BACK WITH OUTSIDE SHOULDER, STAY UNDERNEATH IN "C" GAP. BACKER SCRAPES OUTSIDE.

STACK END

7 TECHNIQUE

STANCE:

ALIGNMENT:

KEY:

RESPONSIBILITY:

3 POINT WITH YOUR OUTSIDE FOOT BACK.

INSIDE SHADE OF TIGHT END.

TIGHT ENDS HEAD.

RUN TO: "C" GAP. POWER THROUGH THE BLOCK.

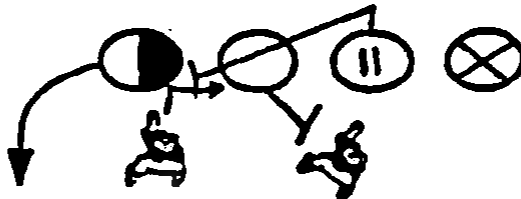
RUN AWAY: SQUEEZE TO INSIDE.

DRIVE BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. EXPLO HANDS INSIDE. THUMBS UP AND LOCK OUT AND SEPARATE. POWER HIM BACK UP FIELD. HOLD "C" GAP BUT ALWAYS SHED TO MAKE PLAY.

EASY BLOCK (ARCH RELEASE)



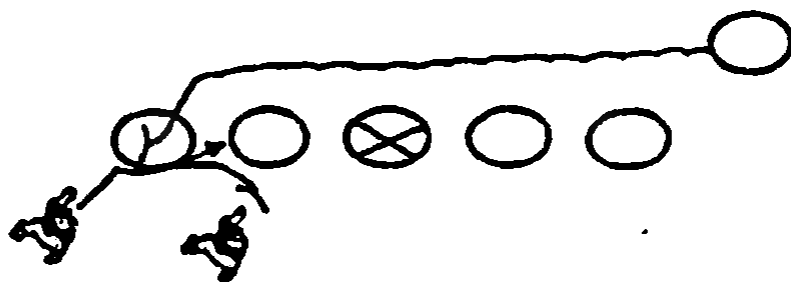
EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. IF T.E. RELEASES, LOOK INSIDE AND READ TACKLES BLOCK. CLOSE ON ANY BLOCK COMING FROM THE INSIDE. SPILL OUTSIDE WITH UP FIELD SHOULDER. IF PASS, RUSH THE PASSER.

SCOOP BLOCK



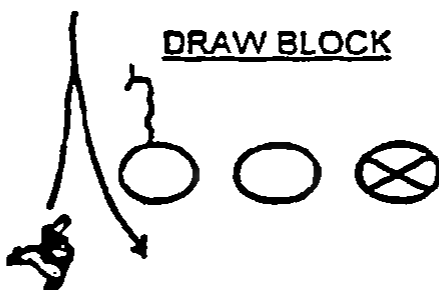
EXPLODE UP FIELD ATTACKING INSIDE SHOULDER OF T.E. WHEN YOU FEEL THE TACKLE, GET INTO THE SEAM. SHOOT UP FIELD ARM/SHOULDER THRU. MAKE TACKLE PUSH YOU INTO THE PLAY (HOLD ON TO TIGHT END AS LONG AS YOU CAN). THIS WILL PULL YOU INTO GAP. C.P.: CAN NOT ALLOW T.E. OFF ON LB'ER. IF SO, YOUR PLAY!

SEAL BLOCK (T.E. MOTION)



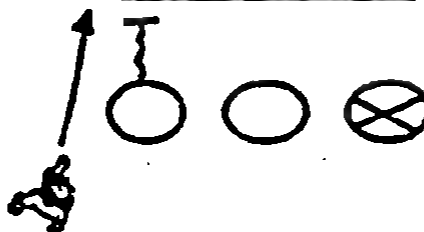
Hands: EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. TACKLE SEALS ON U.T. SO YOU'RE ON AIR. LOOK INSIDE AND TAKE ON T.E. WITH OUTSIDE SHOULDER AND GET UNDERNEATH. DON'T GET CUT OFF, YOU'VE GOT "C" GAP ON CUTBACK.

DRAW BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. HIGH HAT = PASS! KEEP RUSHING. FEEL TACKLE CLUB OR PUSH YOU BY. GO OUT THE WAY YOU CAME IN. REACT BY RETRACING YOUR STEPS. DIVERT BACKS COURSE PLAY PASS FIRST!

DROP BACK PASS



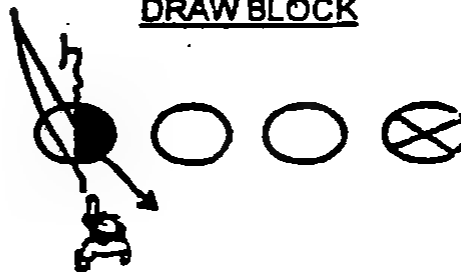
EXPLODE UP FIELD WITH FIRST STEP ATTACKING THE NEAR SHOULDER OF TACKLE. HIGH HAT = PASS! RUSH, RUSH, RUSH. WORK A MOVE AND GET INTO YOUR LANE. GET TO THE QB. THIS IS WHY YOU'RE HERE.

DOWN BLOCK



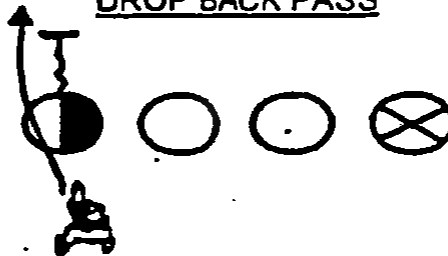
EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. PUSH THROUGH INSIDE SHOULDER AND HOLD POINT. SHOULD NEVER GET KNOCKED OF. L.O.S. HOLD POINT AND SQUEEZE.

DRAW BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. HIGH HAT = PASS! RUSH. CLOSE GAP BETWEEN YOU AND END ASAP. WORK OUTSIDE MOVE AND GET UP FIELD. IF YOU SEE OR FEEL DRAW, GO BACK OUT THE WAY I CAME IN. RETRACE YOUR STEPS. DIVERT BACKS COURSE. PLAY PASS FIRST!

DROP BACK PASS



EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. HIGH HAT = PASS! RUSH, RUSH, RUSH. WORK A MOVE, YOU HAVE A 2 WAY GO, BUT THINK OUTSIDE UNLESS SHORT SET (TACKLE IS WAITING INSIDE). IF DOUBLED, TAKE ON BLOCKERS ONE AT A TIME. GET TO THE QB.

DOUBLE TEAM BLOCK



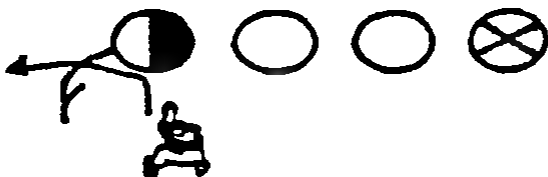
EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. WHEN YOU FEEL THE TACKLE, DROP YOUR INSIDE HIP AND TURN YOUR SHOULDER TO THE TACKLE AND WORK UP FIELD AND SPLIT THE DOUBLE TEAM. STAY LOW.

HOOK BLOCK



EXPLODE UP FIELD ATTACKING INSIDE SHOULDER OF T.E. PLAY INSIDE OUT THROU THE TIGHT END. DO NOT CROSS HIS FACE UNTIL THE BALL IS COMMITTED OUTSIDE. HOLD "C" GAP.

HOOK BLOCK (OUTSIDE CYLINDER)



EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. GAIN GROUND AND STEP TO PUSH THROUGH HIS INSIDE SHOULDER BUT COME BACK DOC AND FLATTEN. YOU MUST MAKE PLAY ON ALL RUN THROUGH.

CUT OFF BLOCK



EXPLODE UP FIELD WITH FIRST STEP ATTACKING INSIDE SHOULDER OF T.E. WITH HANDS INSIDE, THUMBS UP, LOCK OUT AND SEPARATE. PUSH THROUGH HIS INSIDE SHOULDER. YOU'RE ALREADY INSIDE AND THERE IS NO WAY YOU CAN BE CUT OUT ("C" GAP.

III. "HANDS" AS AN EFFECTIVE TOOL IN PASS RUSH

After the get-off this may be the next most important phase of Pass Rush, the strategic use and placement of your hands. With the Rules allowing Offensive Linemen to freely use their hands, we must counter this Rule and use our hands for our advantage. Hand "quickness" - to improve this quickness is vital to our success. While working to keep our pad level down we must lead with our hands, for placement, slap, or lift.

A. Offensive Blockers' hand placement and our counter.

1. Gun aimed at your breast plates - we want to block these punches from outside in, while rotating our wrist in. We want to pin the blockers arm in, so it will allow us to execute our swim technique.
2. Knife where the blocker's hands are shot in your throat region or higher. Will grab the high sticker from underneath in an upward life with thumbs in. Make sure we squeeze his arms as we lift. This will allow us easier access to our arm rip.

IV. FIVE BASIC TECHNIQUES OF PASS RUSH

A. Swim

Using a hard forward angle, attack the blocker and control his shoulder pads with your hands. Once you get control of the blocker, jerk his outside shoulder down with your outside hand, step through to the outside with your inside leg. Now take your inside arm and swim it over the shoulder of the pass blocker which will now clear you of him. If his hands are extended, slap to pin his arm to the inside to swim technique on him. Your swim move should drive right over the top of his shoulder pad. Finish the move with your swim arm on his back, to help you escape.

B. Arm Rip

Using good body angle, sprint to the outside or inside of the Offensive blocker, trying to shoot your hips past his hips. Once you have created this position (with good body angle), use an arm rip with your inside arm. The arm rip is used in an upward thrust. (Note: The arm and inside leg should be working simultaneously). The arm should keep working upwards and eyes should be looking upwards while driving the feet to the QB. To finish the move off, drive the inside elbow into the back of the Offensive Lineman to get free. Also use your off hand to help you escape. Once you engage the blocker, kick your feet out to keep pressure and create leverage on the blocker to collapse the pocket.

C. Jerk

PASS RUSH PHILOSOPHY
"You Can Only Block Yourself"

- I. **STIMULUS - RESPONSE** Movement/Ball - Get-Off!
 - A. Response can be taught, stimuli is the key! We must be able to focus on movement/ball, rep after rep, day after day, under all conditions.
- II. **PASS RUSH ATTITUDE**
 - A. We, as a Rushman will rush the passer more than any other maneuver we will perform all year. We must and will be successful in this skill. We will spend a great deal of practice time developing our skills.
 - B. Pass Rush First, react to the run.
 - C. Self-confidence, not as afraid to make a mistake as to make a big play. Go for the big play - you cannot be half pregnant.
- III. **BASIC PRINCIPLES**
 - A. Get-Off
 1. Alignment - tight to the ball as possible. (Credit Card)
 2. Stance - weight forward, hair-trigger.
 3. Ball's ready, you're ready.
- IV. **HANDS AND FEET**
 - A. We're connected to the ball with a string. Hands and feet are moving together in a coordinated movement/
 - B. We're a moving target, make the blocker miss.
 - C. One on One basketball, beat him to the bucket, if he takes it away, counter move.
 - D. All pass rush moves finish with an over (swim) or under (rip) move - finish your moves.
 - E. Hand vs. Guns (Knock them down or the side).
 - F. Keep coming, always moving upfield - you only have 3 seconds.
 - G. Someone, somewhere is going to do a Hat Trick, why not you?
- V. **GAMES**
 - A. Quick vs run
 - B. Delay - make our game's look like a race rush!

I. PASS RUSH TECHNIQUES

I. MENTAL APPROACH

"Pressure on the Passer": This exemplifies the spirit and aggressiveness of a strong defensive team. The pressure must come from both the Rush tackles and ends, and a more aggressive hell-bent attitude when blitzing by the entire unit. To be the best pass rush you can be, you must develop a fanatical desire to get to the passer, always applying pressure and never relaxing or letting up.

We must now work and concentrate -- both as individuals and as a unit -- to become respected and feared by our opponents through our actions and desire to annihilate the passer. To achieve this goal calls for the improvement of individual skills on pass-rush technique and, equally important, we must strive to completely eliminate missed assignments and mental errors. (Such as Rush Lanes. Never give up two consecutive Rush Lanes).

II. BASIC PRINCIPLES OF RUSHING THE PASSER

- A. Get-Off - The single most important factor which will determine a successful Pass Rush is the get-off. By utilizing our get off, we want to beat the offensive lineman out of his stance, don't allow him to get set up. From the moment of movement, we'll close on the offensive lineman as quickly as possible.
- B. Target - Proper body angle, getting our shoulder level down. You must have a pre-snap plan to where you want to go on the blocker. Make the blocker believe he has to defend a certain area, because of your great get off.
- C. Plan - You must have a plan to execute when you get to the target area. Know what you want to do to the blocker.
 - 1. Always go to your strength first. What do you do best, what is your best move for your ability?
 - 2. What have you done before? Can you make the blocker anticipate one move when you are actually going to execute another move?
 - 3. Know your opponent! What type of set does he have?
 - a. Short Setter - Who'll take you on right at the L.O.S?
 - b. Deep Setter - Gets quick depth away from you.
 - c. Lunger - Very aggressive pass blocker who wants to stone you.
 - d. What are his strengths and weaknesses?

RUSHMEN PASS RUSH PRINCIPLES

1. Most important maneuver on defense. We will rush the passer more than any other single thing on defense.
2. Learn every possible pass tip-off before the game.
 - A. Down & Distance
 - B. Personnel - What group is in the game
 - C. Backfield sets, field position, time, Rushmen tip sheet.
3. Read every possible pass tip-off during the game.
 - Your man's stance, his teammates stance
4. Predetermine your move! (It will aid your quickness) Have a plan!
5. Don't tip yourself off. Study your own stance, steps, body lean, etc.
6. Get off on the ball or movement. Find what moves first.
7. Never align or attack head on. Work to get a 1/2 man.
8. Use your hands on all moves.
9. Understand - they can't block you. You can only block yourself.
10. Be Sudden and Brisk with your hands. Not lethargic.
11. Sell all fakes. The fakes are never as good as you think.
12. Use counter moves if struck, never quit.
13. Use a power rush 1-2 times per game.
14. Use a quick move vs. a short setter, inside move vs. fast setter.
15. Spin or club back if deeper than the ball. Work to stay at the level of the QB; keep coming.
16. Never jump or leave your feet. Run through the QB. Use his body as cushion to break your fall as you land on him.

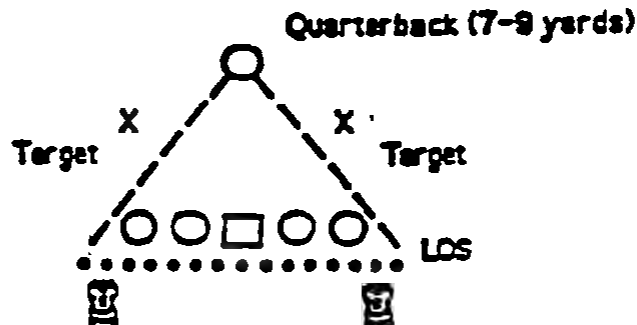
DEFENSIVE LINE PASS RUSH GUIDELINES

There are a few basic ideas and concepts that apply to rushing the passer. The most basic is the "Tackle Set Line" and the "Horizontal-Vertical Grid". Both apply to areas that the offensive lineman must move through or into while he tries to block us. An understanding of each will help us in our path to the quarterback.

A. DEFENSIVE ENDS PASS RUSH GUIDELINES

THE TACKLE SET LINE

This line runs from the L.O.S. through the outside of the offensive tackle to a depth of 7 to 10 yards. It is about a 70 degree angle to the L.O.S.

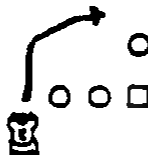


TACKLE SET LINE PRINCIPLE

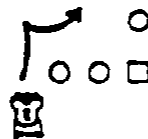
1. Get off on the ball or movement, exploding up field.
2. Your first 2 or 3 steps are always the same, depending if your right or left, right or left handed. Keep a tight base and weight forward. C.P.: All ends pass rushes and games start this same way!
3. Make the O.T. come out and stop your "Race" move. If he is not there, keep going. This is the starting part for all defensive ends. You must develop your outside speed rush.
4. If O.T. crosses the tackle set line, plant your outside foot hard and club him out.
5. If you cannot read O.T. or he sets on the TSL, race!
6. Slap opponent's shoulder with outside arm (and step) round house. Long levers hit harder and force distance (prevent holding). Your long slap will also turn your hips and numbers and shorten your angle.
7. Drive arm under (or over) and keep racing.
8. If you meet resistance on under, re-rip or hump.
9. If O.T. floats and does not make a stand, run him over! Bull rush.

C.P.: The hole progression starts with race. Read O.T. as you race. He cannot block you! You can only block yourself! Make him commit.

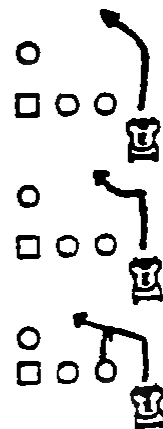
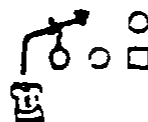
- 1) RACE (Outside speed rush)



- 2) RACE & CLUB



- 3) BULL RUSH



PASS RUSH GAMES

I. Philosophy of Pass Rush Games

- A. Pass rush games are designed as a change-up for our one-on-one pass rush moves. Well-executed games not only get sacks, but will also keep the offensive line off balance and greatly aid our individual speed moves.

Pass rush games are designed to:

1. Foul up blocking assignments.
 2. Force a zone team to go man (delay and grab) games.
 3. Can force a man team to go zone - quick games.
 4. Turn delay games into quick games - = Q Call. Now we can disrupt blocking patterns.
 5. Disguise by calls and dummy calls.
 6. Take advantage of a strong or weak opponent.
 7. Camouflage our speed rush. Fake games.
 8. Set up speed moves.
 9. Confuse, disorganize, and worry offensive line.
- B. Games can be run delayed or quick. The key to all good games is the second man. The looper must convince his opponent that he is running a one-on-one pass rush move. The looper must always try to maintain eye contact with his offensive man, then always run your game tight as possible. Anticipate the width of the pocket collapsing. Always run our games on the offensive side of the ball.

Note: Penetration - get to his back!

Timing, execution, cleverness, and creative planning will allow us to develop the Conference's best game package.

Definitions:

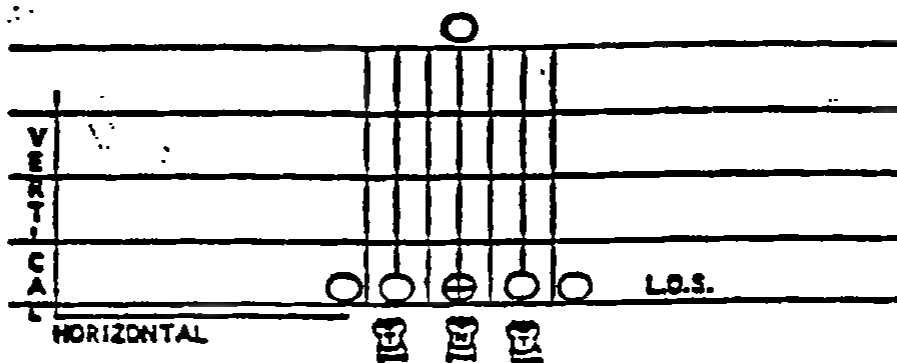
1. Games - run on a three-step delay. Can also be run with a grab.
 2. Q Games - run stunts executed quickly. Must get to your lane.
 3. Fake - head faking a game and go to a speed rush, fake calls.
- C. Finish all you games with good pass rush techniques. All pass rushes should finish with an over or under move.

DEFENSIVE TACKLE AND NOSE GUARD PASS RUSH GUIDELINES

THE QUICK HORIZONTAL-VERTICAL GRID

The defensive tackle and noseguard must rush after taking one or two quick steps. These must be horizontal, vertical, or both. You must develop a move that works in each grid, and it's counter move.

On some rushes you will take shoulder of the guard or center with a jab step or a head fake. this will force the blocker out of the horizontal grid. On some rushes you will power the blocker out of the vertical grid.



HORIZONTAL-VERTICAL GRID PRINCIPLES

1. All moves are used to take a square from the OG.
2. Some moves get the OG to commit, giving up a square.
3. Some moves take a square immediately.
4. Some moves take or get a square up field after some movement.
5. A counter to a move will take a square, but later.

Either way once you get a 1/2 man on your blocker, you should win. We will always be able to go forward faster than he can go backwards or sideways. We always want to attack a shoulder target to make the guard or center shift his weight. If we make contact when he is sliding to block, we should knock him off balance, or if we make the blocker slide the way he thinks we are going, the opposite way should be wide open.

TACKLING OFF PENETRATION

- I. With our style of defense, pass rushing, penetrating type of upfield play, a lot of our tackles will be coming off redirection and movement. It's going to be more important than ever to grab, grab jersey and try and bring our feet as quickly as possible.
 - A. Get as much body in front of the runner as possible.
 - B. Keep working your feet to get better leverage.
 - C. Always work for arm wrap. If the grab is all you can get, continue to work for arm wrap.

II. CLEAN UP TACKLING

Punish the ball carrier! - We must sprint, 100% effort every snap to the ball, never a let up, consistent effort. We want this type of effort to punish the ball carrier or QB and discourage them from wanting to continue to play.

- A. When going into clean up, always keep your head up and eyes open, so you don't clean up a teammate.
- B. Always be alert to stripping the ball

DEFENSIVE LINE TERMINOLOGY

- | | | |
|-----|----------------|--|
| 1. | Arrow | - Tackle 3-Tech – Penetration to A Gap (Spike) read Center.
a) Blocks away come off his back. b) Slides to cross his face.
c) M-Set by Center turn it into a spike in doubt! |
| 2. | Back Door | - Technique where you run thru and slip block. |
| 3. | Ball | - Guide for alignment and stimulus for movement (get-off). |
| 4. | Base Call | - N/T Go back to your original drop. |
| 5. | Bronco Tech | - Drop End relate to #2. |
| 6. | Bull O'Lay | - O'Lay move off a fake Bull Rush. |
| 7. | Bull Rush | - Straight ahead power rush. |
| 8. | Buzz | - End dropping into the Flat, get under the out. |
| 9. | Bumper Car | - Ricochet technique off opponent into flow. |
| 10. | Cadence Alert | - Warning to defense when the offense is likely to hard count. |
| 11. | Club | - A sudden arm movement used to take advantage of opponent's momentum. |
| 12. | Delay | - Timing used in game execution. |
| 13. | Dent | - Pass rush move where near arm slaps down blocker's far arm. |
| 14. | Dot | - Position of back aligned behind QB in one back set. |
| 15. | Elko | - Name of 4-Man game (Exit left side - Tex right side). |
| 16. | El Paso | - Name of 4-Man game (Dbl E/T). |
| 17. | E/T | - 2 Man game with End 1st and Tackle 2nd. |
| 18. | Exit | - E/T game. |
| 19. | Fake | - A definite and deliberate pass rush move. |
| 20. | Game | - A 2, 3, or 4 man cross charge vs. pass. |
| 21. | Gap | - N/T lateral lead. Step away from your shade - play opposite A-Gap (Under Bark). |
| 22. | Go | - Call to defensive line which puts them in built in pass rush. |
| 23. | Grab | - The deliberate holding /picking in a game. |
| 24. | Green | - Call which puts defensive line in pure pass mode with built in games. |
| 25. | Gut Tech | - Final 3. |
| 26. | Hank | - Talking to the N/T (Nose Call) & drop End - Hook Drop. |
| 27. | Hands | - The usage, and advantage to a defensive player in pass rush. |
| 28. | Hat-in-a-Crack | - Penetrating jet charge keeping head in your gap. |
| 29. | "Hot" - Tech. | - Lateral lead step out - vs. down blk. or turn protection cross face of <u>Guard</u> , <u>N/T</u> . |
| 30. | Hook Drop | - 1 yard outside the Hash - Set up on QB. |
| 31. | In-Out-In | - A pass rush move using a double fake. |
| 32. | Jab | - Fake step used in pass rush. |
| 33. | Jet | - The upfield speed rush in pass rush or the penetrating 1 gap charge used in various fronts. Ex. Over Jet. |
| 34. | Kick | - The movement (shifting) of the Line - Lt / Rt. |
| 35. | Lane | - Any of the 4 openings of protection (Rt / Lt inside - Rt / Lt outside). |
| 36. | Lion | - Ends you have contain vs. the run - turn everything inside. |
| 37. | Liz | - Name of 2 Man game (T/T to the Left). |
| 38. | Loaf | - Any change in speed (which means you weren't all-out!). |
| 39. | Log | - Designated rush to left. |

Defensive Line Terminology

- | | | |
|-----|-----------------|---|
| 40. | Long Stick-Ends | - Are P.O.A. is one Gap further "A" Gap. Come under O.G. in both Run/Pass. |
| 41. | Lonnie | - Name of 2 Man game (E/T to the Left). |
| 42. | Lucky | - Name of 2 Man game (T/E to the Left). |
| 43. | Man | - Man to man pass protection. |
| 44. | Movement | - Stimulus for get-off by either ball or man. |
| 45. | Nickel / Dime | - Defensive personnel grouping which puts line in even front and thinking pass. |
| 46. | Nose Call | - Alerts you to make your pass drop to the opposite side. (N/T - Under Bark). |
| 47. | Option | - A 2-way go or read in designated pass rush. |
| 48. | Out-in Out | - A pass rush move using a double fake. |
| 49. | Over | - Arm over (swim) maneuver used in pass rush. |
| 50. | Penetrator | - The man going 1st on game. |
| 51. | Q | - Call made to run game quick. |
| 52. | Redirect | - Technique of planting foot and changing direction to ball. |
| 53. | Re-Set - T.E. | - Trades & we re-set our front. |
| 54. | Ringo | - Name of 2 Man game (T/E to the Right). |
| 55. | Rip | - Name of 2 Man game (T/T to the Right). |
| 56. | Rock | - Designated rush to right. |
| 57. | Ron | - Name of 2 Man game (E/T to the Right). |
| 58. | Sling Shot | - Flash Trap, grab jersey of Guard, pull's your flat to Trapper! |
| 59. | Spill | - Trap closing technique with upfield shoulder. |
| 54. | Spin Move | - A pre-determined pass rush maneuver or charge in a game. |
| 55. | Squeeze | - The closing and playing a gap with opponent's body. |
| 56. | Stack | - Alignment/Technique by defensive end on TE's. |
| 57. | Stunt | - A cross-charge (quick) vs. run. |
| 58. | Swim | - Arm over maneuver used in pass rush. |
| 59. | T/E | - 2 Man game with Tackle 1st and End 2nd. |
| 60. | Tempe | - Name of 4 Man game (Tex on Left side - Exit on Right side). |
| 61. | Texas | - Name of 4 Man game (Double T/E). |
| 62. | Twist | - Name of 4 Man game (T/E) ran quickly. |
| 63. | Turn Edge | - Term used for rushing outside lineman. |
| 64. | Two-Way-Go | - Option rush in/out by rusher in certain calls. |
| 65. | Uncovered | - The offensive or defensive lineman with no one in his face. |
| 66. | Under | - Arm under (rip) maneuver used in pass rush. |
| 67. | Vacate | - The leaving of an offensive lineman. |
| 68. | Water Ski | - Grabbing & pulling a lineman & running with him. |
| 69. | White Knuckle | - Run alert or tip-off. |
| 70. | Zone | - Type of protection by offensive line (area & pass off). |

BRONOCO RULE'S (#2) DROP END

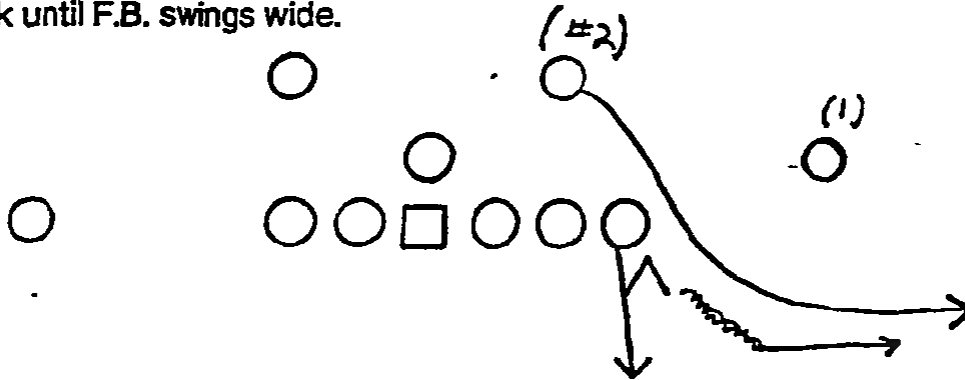
- (Never Get Beat to the Flat)

COACHING POINTS: (Bark, Boston, √-Base = Bronco)

- No Tip Offs, Stance/Alignment Loose 5/9 Tech!
- Vs. Run, Force (Turn Ball Inside) Vs. Screen, Turn Ball Inside!
- Bronco Tech, Turn Hips to Outside, be patient, eyes on #2. *By Flipping your Hips Outside, it allows you to do your #1 job – Never get Beat to the Flat!
- You have the Wheel Route.

MOTION RULES:

- #2 Crosses your face – Get up and Go (Trail Position). He goes to the Flat, you go to the Flat!
- Motion goes past a W.R. – Stop on the 1st threat, re-route him & prepare to sink until F.B. swings wide.

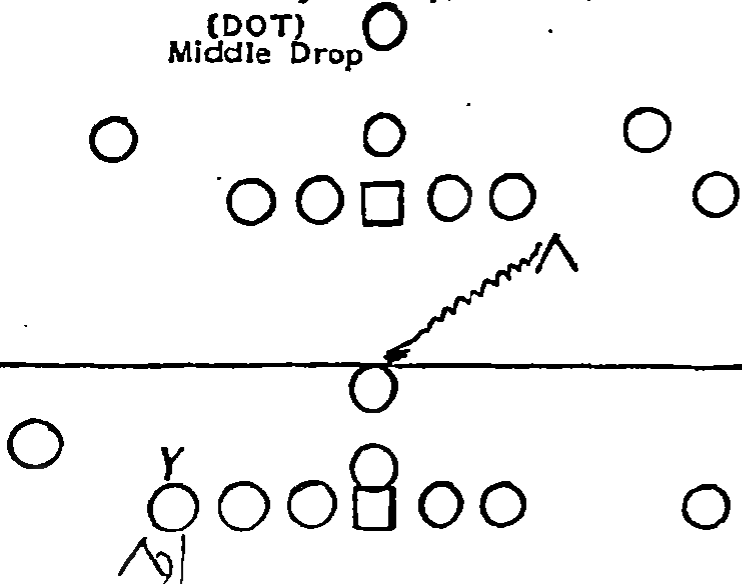


Gut-Rules (Final 3) Drop End

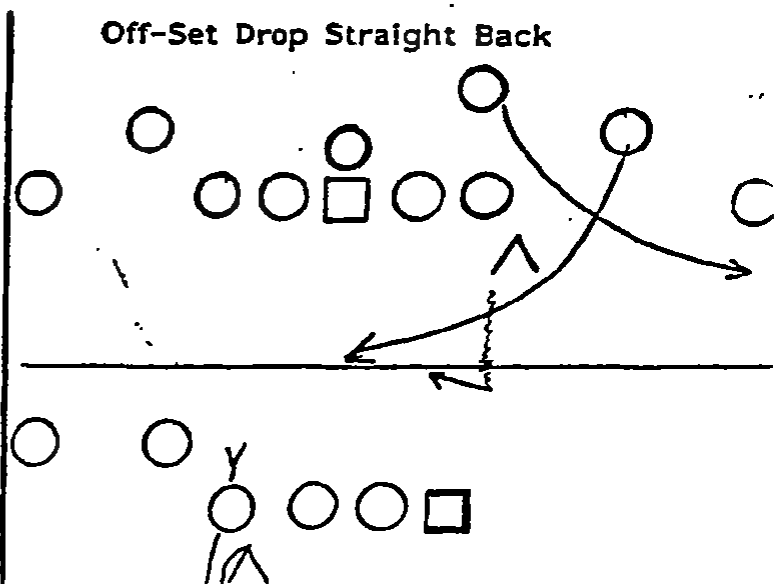
COACHING POINTS (Frisco, Fox, √ Gut = Final 3)

- Alert for Base Call, takes you from a Gut to Bronco tech. (Listen).
- Note: Your Drop is based on the Final-3's Alignment! (See Below)
- When you set up, read QB, break on ball!

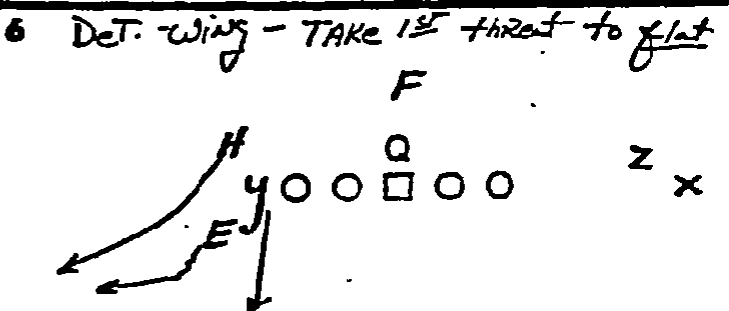
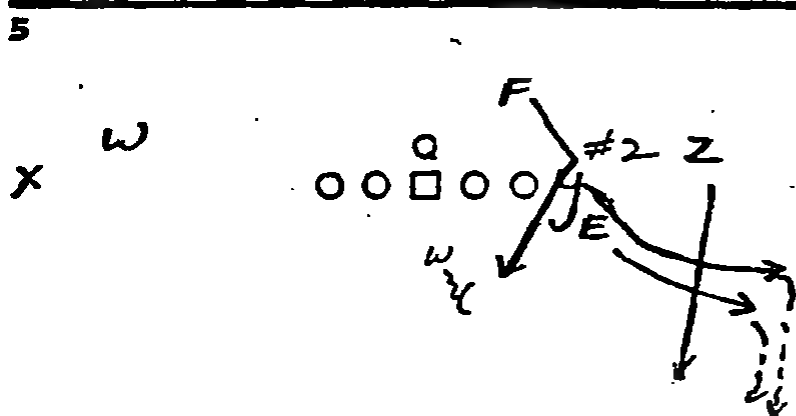
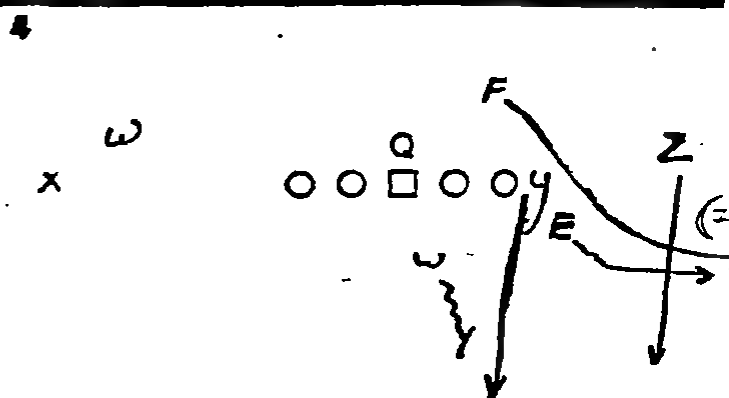
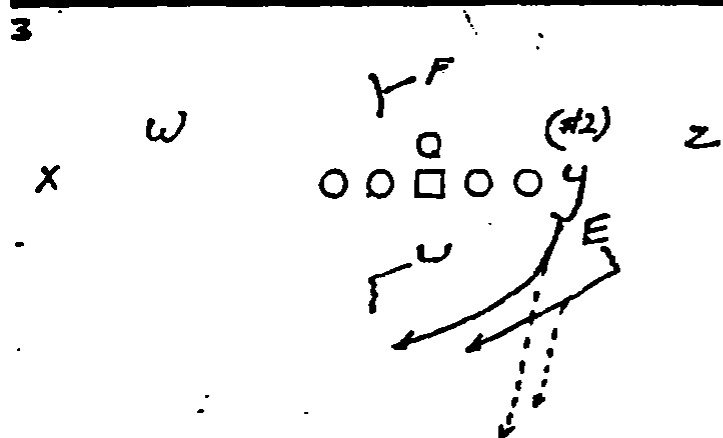
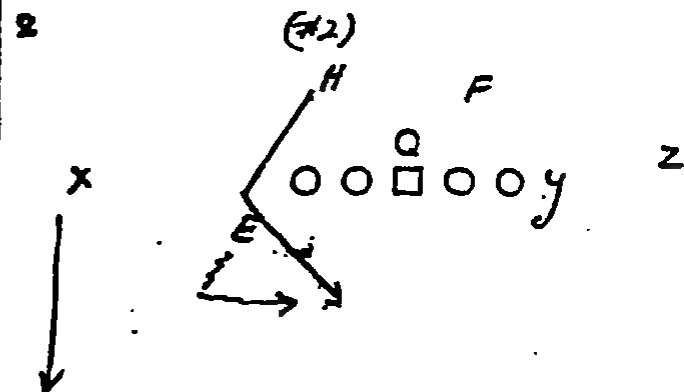
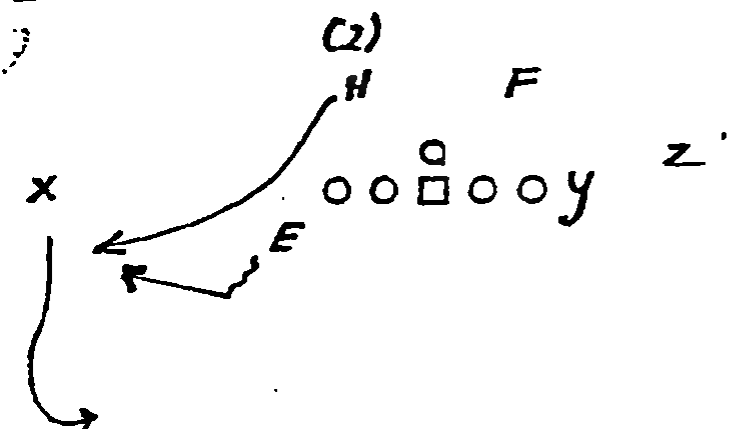
(DOT)
Middle Drop



Off-Set Drop Straight Back

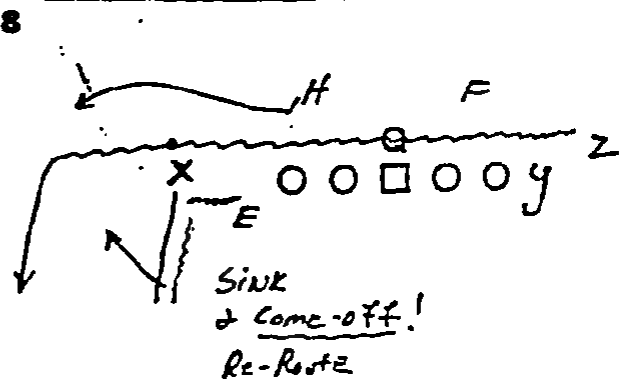
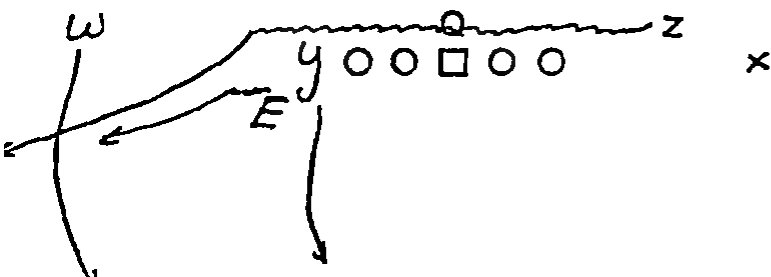


"BRONCO"

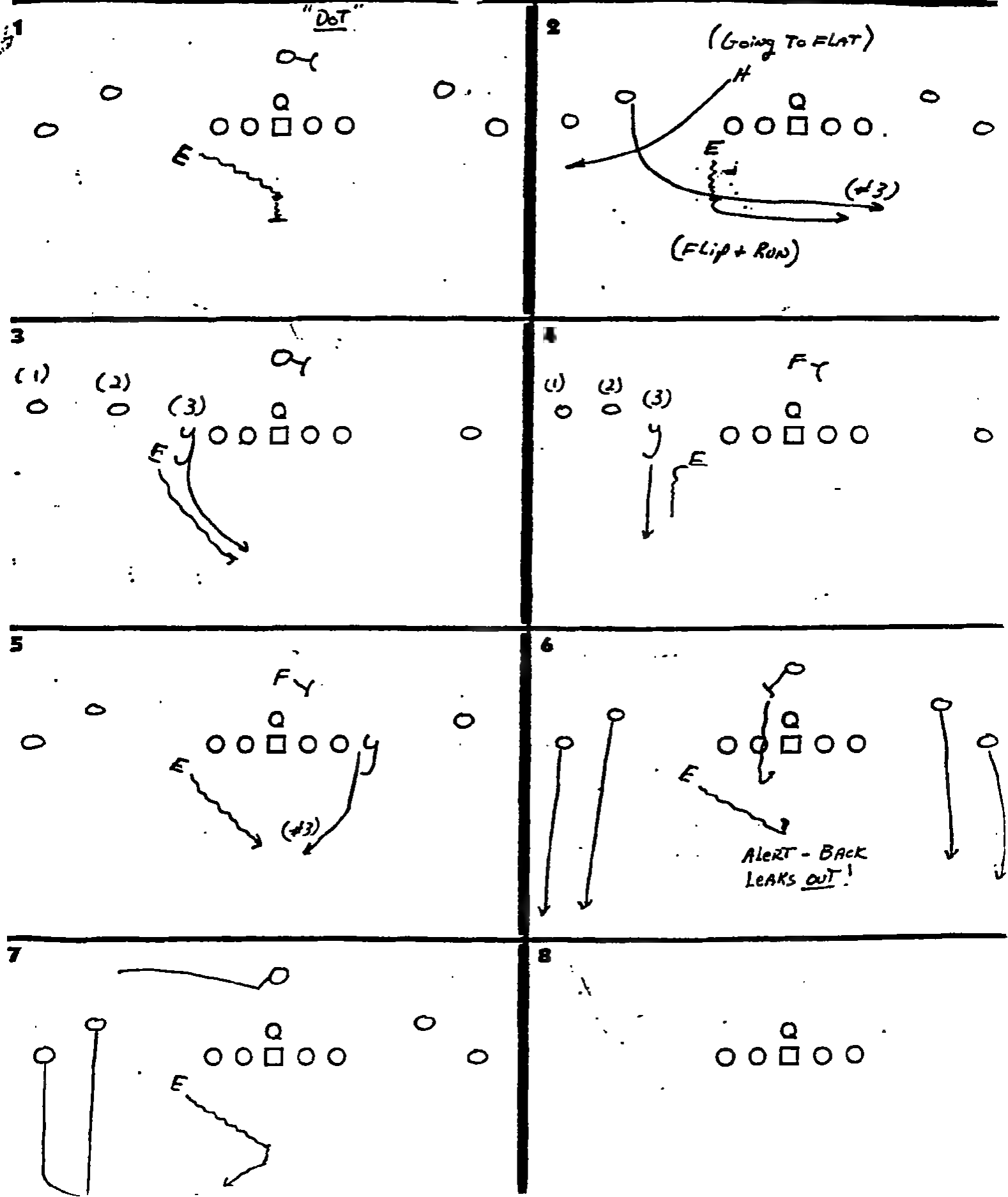


*TREAT THE Wing Like AN OFF-Set-BACK

7 GET UP! GO! #2 CROSSES YOUR FACE



"GUT"

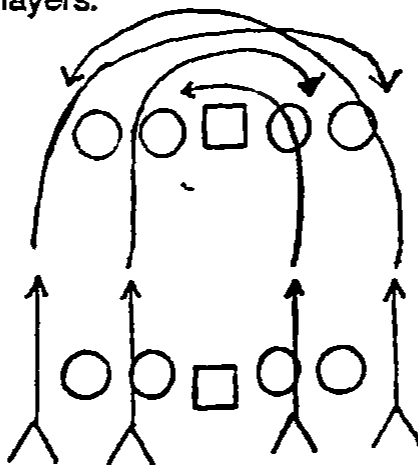


RUSHMEN DRILL BOOK

GET OFF DRILLS

Purpose To increase the reaction time for a Rushman reacting to a stimulus, whatever moves first.

- A) **Proper Stance** - Weight forward, narrow base.
- B) **Proper Technique** - First step should replace your down hand. Down hand should pull grass.
- C) Work on your trained eye. Always work on the same side.
- D) Go on movement, not sound. The Coach must bark out cadence to draw off Rushman.
- E) This is a high quality, high repetition drill. Done every day to start individual period.
* Coaches move not players.



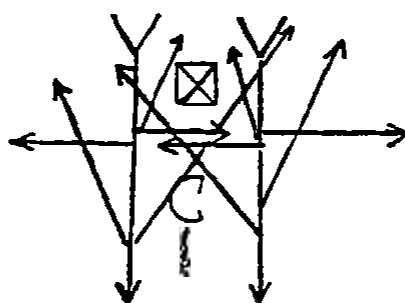
Purpose - Progression drill for our get-off drills. Once we've had get-offs, we progress to the mat drills, then back to the get-off.

- A) Needed - Mat for the players to fall on. Also the ball.
- B) **Emphasis** - Get off, and working on getting a big first step, replace your hand.
- C) **C.P.** - Keep your back foot that is stepping straight so you won't waste movement by stepping out or under, while replacing your hands.
- D) Keep pad level down and explode out of your stance with a lot of forward lean. Fall out of your stance.

LINE DRILL

Purpose - To teach get-off and rushing the passer, while also teaching to redirect to the run without Fish Hooks. REDIRECT AND BURST.

- A) Types of reactions - High Hat = Pass, Low Hat = Run. Draw and Screen keys can be added.
- B) High repetition drill, with good quality.
- C) This drill can be done with or without pads in the summer months to build skill level.



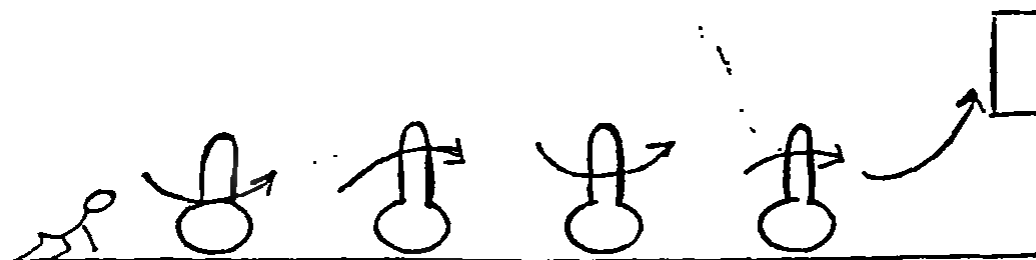
DONKEY DICKS

Purpose - To work on our top four pass rush moves, everyday. By using donkey kicks we can emphasize the club part of our move with explosive movements and speed.

Organization - Five donkey dicks, set up with a 7-8 yard spacing in between, so that we can Burst off each move. 1 Rushman at a time will run the Dicks. Have a finish to the drill. After finishing last pop-up turn corner to the next bag. Reduce your shoulder and Burst to bag.

Position Concepts We will work on Club and Rip, Club Swim, Dent, Spin, and DBL Slap. When making our pass rush moves, hit the bag in the front side, not the back-end. C.P. Reach to make your moves, flip hips, details of rush moves.

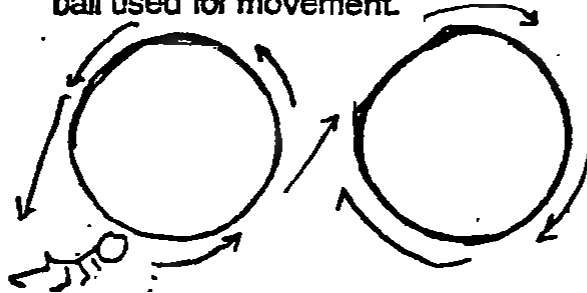
Emphasis - Working your pass rush moves at full speed, being technically sound.



HOOPS

Purpose - To work on our body lean, turning a corner and reducing our inside shoulder (constricting the passers pocket), while running full speed.

Organization - Two hoops used, one Rushman at a time, one Donkey Dick, Green ball used for movement.



PULL COLLISION - PULL RICHOCHET DRILL (Key Work)

Purpose - While working on get-offs, to rush the passer, this drill is used to redirect vs. the run, and to react to blocking patterns. Key to the drill is get-off penetration, pass rush, redirect to the run.

A) Tackle's 3 on 1. Snap count is used for offense. Key drill - High/Low Hats.

1) Pull Collision



2) Pull Richochet

3) Ends

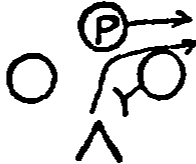
Pull Collision

Pull Richochet

PULL THE SHORTS DRILL

Purpose - While working on get-offs (upfield pressure) this is another re-direction drill. This drill will highlight grabbing a puller (water ski).

- A) 3 on 1 - The puller can go either direction, the A collision block replacing puller. The Rushman has a two way go. Guard puller.



MOVEMENT DRILL

Purpose - To teach various line movements and techniques (spikes, stickers, pirates).

A) **Position Concepts:**

1. Ball Key
2. Lead Step
3. Reaction to Guard, proper pursuit angle to ball.

B) **Organization:**

1. Three offensive linemen, center, guard, tackle vs. one defensive lineman. Ball is needed by center. Defensive lineman key is ball, not head.
2. Two drills can be run at one time. LT/RT working in two separate drills.

III. BEND THE CORNER / TACKLE SET LINE DRILL

A) **Purpose** - For the outside Pass Rusher to get the feel of coming off the corner and bend / collapsing the width of the pocket.

B) **Organization** - Need two offensive blockers and a QB. One defensive lineman goes at a time.

- C) Position Concepts - *Get off the ball, good body angle, by dipping the inside shoulder; lean into blocker and bend the corner. This move should come off the outside foot after the second step. Start your initial drive straight upfield, then turn the corner on the second step.

NOTE: Within this drill we can also create a situation for the Defensive End by having the Offensive Tackle work upfield too far and allowing the tackle to come under to pressure the QB. (T.S.L.)

IV. PASS RUSH PROGRESSION

- A. Purpose - To start the defensive lineman in a very basic position and to isolate the skills involved in pass rush. Between eight and ten repetitions can be done quickly.
- B. Position Concepts
- 1) Grab and swim: secure the jersey, pull down and away.
 - 2) Arm rip: be hip to hip with wide offensive blocks.
- * Club Arms: With lead hand, swim or rip with trail arm.

NOTE: All players are on one knee; on command, will work the upper body parts of the various pass rush techniques. Every man works with a partner and uses both arms. Second phase is to get both men standing up and now making the same upper body moves while tying in their footwork.

V. Knife and Gun Drill

- A. Purpose - To teach hand speed for pass rushing.
- B. Gun Drill - Offensive man reaches from the hip like he is pulling a gun, defensive man either slaps hand down or inside. Quickness is the key along with hand placement (Low Stick).
- C. Knife Drill - Offensive man is high, defensive man takes the hand up and goes to an undermove.

D. Organization of Drill

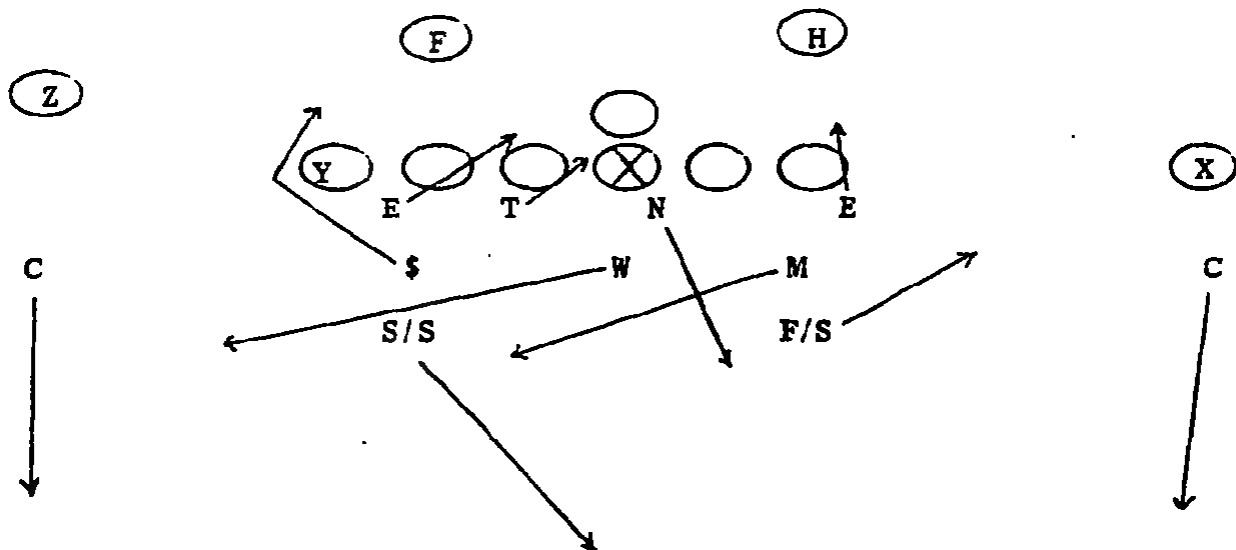
- 1. Offensive and Defensive men face each other. Offensive man starts the drill on his movement. He can go with a knife or gun moving with either hand, Defensive man must react.**
- 2. High speed and repetition drill.**

OVER SWORD ZONE X

A zone dog with the Sam LB rushing. Is a 3 deep 4 under zone with the rotation to the X.

Basic Rules and Special Coaching Points:

1. Close Call - To the Y. Regular over close call rules.
2. Defensive Line - Quick pirate. NT play A Gap on run. Play run first. Pass = hook away from the close call.
3. Will - Tan Alignment. Box technique. Run to= turn back to Mike. Run away hold for cut back.
4. Mike - Weak A Alignment. Play Pro over zone y. Rules on run. No slot rules. If run away flow to "C" Gap. Pass = tight end side hook. Look for hot route by Y.
5. Will & Sam - Trips out & Y open is a change it call. Fly to trips Sam still rushes.
6. Sam - Contain Rush. If change call play seam flat technique.
7. F/S - Play sky drop vs. pro. If double play seam- flat technique. If slot play box technique. If Detroit play seam-flat.
8. S/S - Play deep middle vs. all Pro's. If slot play quarter technique to slot side. If Detroit go back to deep middle.
9. Corners - Deep 1/3 vs. Pro's. If slot play like zone Y rules.



CLOSED END	Stack (7tech) Quick Pirate B-Gap! Note: Sword/Spear = Stack Alignment.								
OPEN END	5 tech C-Gap contain rush - stay outside.								
UT	3 tech Quick Pirate A-Gap Note: If you get picked up in your pass rush - work across centers face for rush lane.								
NT	1 tech A-Gap vs. Pass - Hold 2 counts Hook drop away from closed call.								
SAM	Contain Rush. Give change call to Will vs. or Y- open. If change call play seam flat. Fly = No change call.								
MIKE	Align Weak A 2 Back set: 2 Back set DBL & Def. trips move to Str. A. Run to - B Gap. Run away - over the top.								
WILL	Align Tan (Box) run to - turn back run away - Hold. Trips out change call will goes "Contain Rush". Y Open change call.								
S/C	Pro: Zone Y Rules Slot: Zone Y Rules								
W/C	Pro: Zone Y Rules Slot: Zone Y Rules CP: David								
S/S	Pro: Show 2 play deep middle 1/3. Slot: Play 1/4 Alert "Stretch" 2x2.								
F/S	Pro: Show to Buzz Tech. Slot: Box Tech alert stretch 2x2.								
DO. PL TO DO	DO OUT OS	TRIPS OUT FLY	MO TO SLOT	DETROIT FLY	TRIPLES PEEL	Y- OPEN	Y-MO	YUKON	EMPTY
PLAY IT	PLAY IT	CHANGE IT	PLAY IT	PLAY IT	PLAY IT	CHANGE IT	PLAY IT	PLAY IT	PLAY IT

C.P. ONCE SET PLAY IT
C.P. SAM GOES TO CLOSE SIDE!

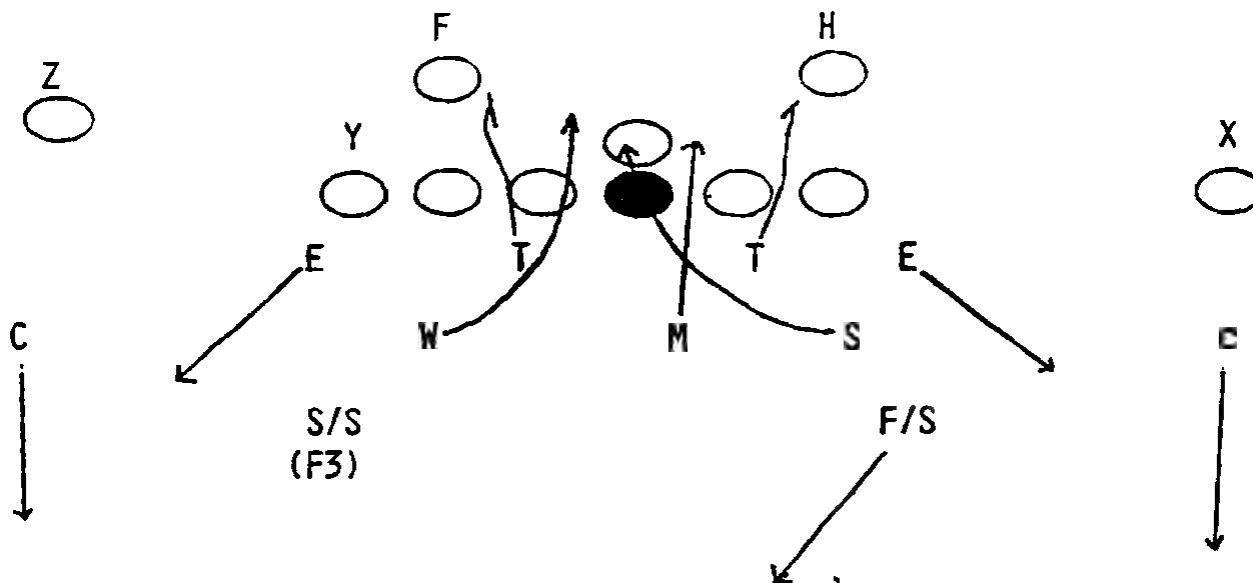
<p>1. <u>SPLIT</u></p>	<p>2. <u>FAR</u></p>	<p>3. <u>TRIPS</u></p>
<p>4. <u>FLY</u></p>	<p>5. <u>DO</u></p>	<p>6. <u>PEEL</u></p>
<p>7. <u>SLOT</u></p>	<p>8. <u>DETROIT</u></p>	<p>9. <u>FLY</u></p>
<p>10. <u>TRIPLES</u></p>	<p>11. <u>PEEL</u></p>	<p>12. <u>OPEN</u></p>
<p>13. <u>Y-MO</u></p>	<p>14. <u>SPREAD</u></p>	<p>15. <u>EMPTY</u></p>

OVER GUT 6

This is a Zone Dog with all three LB'ers blitzing up the gut. 6 means 3 Deep 3 Under. This is 5 Man pressure with two Box Players (W/W on #2) and a Middle dropper who has the final 3.

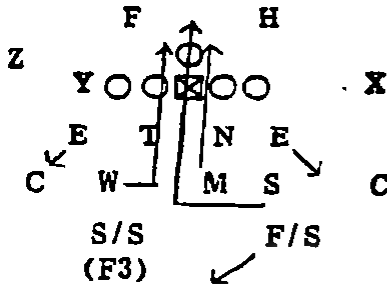
Basic Rules & Special Coaching Points:

1. Close call to Tight End side.
2. Corners - Stay Lt & Rt & play tight 3 Deep Zone if #2 is not displaced from core.
3. F/S - Always is in the hole.
4. Defensive Ends - Play Box Technique (W/W on #2) unless you get a change-it call. Then you take Gut Tech. which means final 3 from depth.
5. Mike & Will - Hit "A" Gaps. Sam follows right up the gut between them. If Center or Back blocks the Mike or Will, stay outside the Blocker. Sam should then be free.
6. NT & UT - Hot B Gap. OT turns back you work for contain.
7. S/S - Has Gut drop (Final 3)
Change It Rules: Any #2 displaced from the core give a Change It Call. Y-Open; all Slot's; Trips; Do. Outs; Fly & Peel. If Spread, go to the Wide side. Double & Y Motion is not a Change It Call.

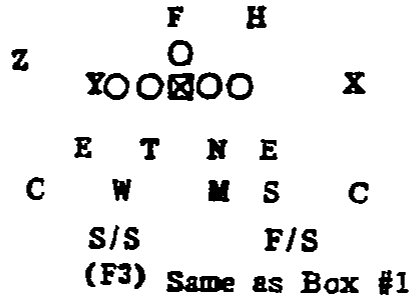


CLOSED END	9 TECH - BOX W/W #2 - HOLD OFF SEAM UNTIL THREATENED BY #3 - VS. RUN LION TECH - CHANGE IT CALL GUT TECH - FINAL 3 DEPTH - PLAY FROM DEPTH.								
OPEN END	SAME AS CLOSED END.								
UT	HOT TECH TO CONTAIN.								
NT	2 I - ALIGNMENT - GO TO HOT TECH - TO CONTAIN.-								
SAM	TAN: BLITZ BETWEEN MIKE AND WILL. REACT TO BLOCKING.								
MIKE	WK ZERO ALIGN AND BLITZ A GAP. STAY OUTSIDE BACK.								
WILL	ALIGN TAN BLITZ A GAP 2 BACKS STAY INSIDE BACK. 1 BACK SET STAY OUTSIDE BACK.								
S/C	ALIGN 9 YARDS PLAY 3 DEEP POSSIBLE CLAMP. LOOK FOR BALL TO COME OUT QUICK BACKSIDE SLOT STACK C.								
W/C	ALIGN 9 YARDS PLAY 3 DEEP POSSIBLE CLAMP. LOOK FOR BALL TO COME OUT QUICK BACKSIDE SLOT STACK C.								
S/S	ALIGN STACK C 7 YARDS, READ #2 TO #3 FINAL #3. ALERT Y HOT ROUTE INSIDE. ANY #2 DISPLACED FROM CORE "CHANGE IT" CALL.								
F/S	ALIGN 1X12 MIDDLE 3RD DEEP STRONG SEAM. READ QB.								
DO. PL TO DO	DO OUT OS	TRIPS OUT FLY	MO TO SLOT	DETROIT FLY	TRIPLES PEEL	Y- OPEN	Y-MO	YUKON	EMPTY
CHANGE IT	CHANGE IT	CHANGE IT	CHANGE IT	CHANGE IT	CHANGE IT	CHANGE IT	PLAY IT	PLAY IT	CHANGE IT

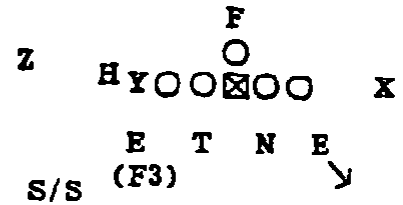
1. SPLIT



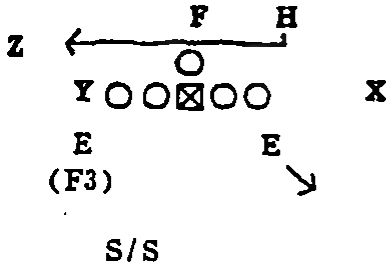
2. FAR



3. TRIPS

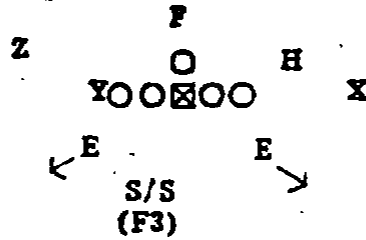


4. FLY



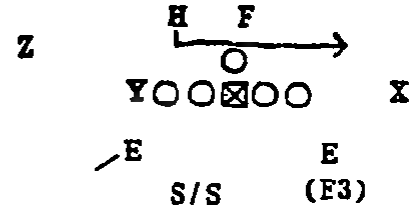
CHANGE IT

5. DO



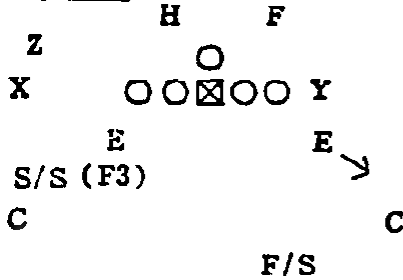
DO OUT=S/S CHANGE IT

6. PEEL



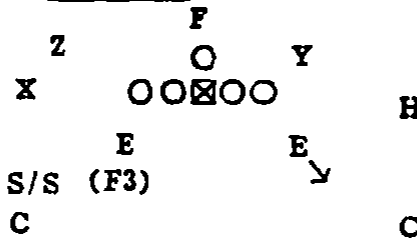
CHANGE IT

7. SLOT



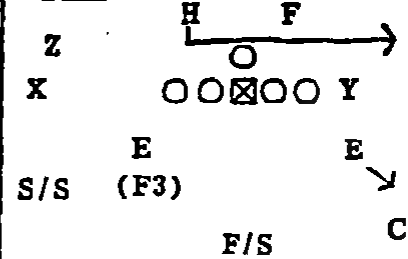
CHANGE IT

8. DETROIT



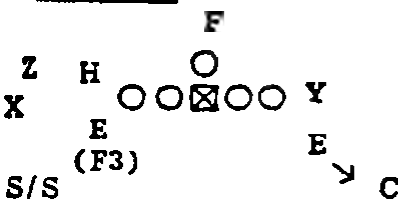
CHANGE IT
YUKON=

9. FLY



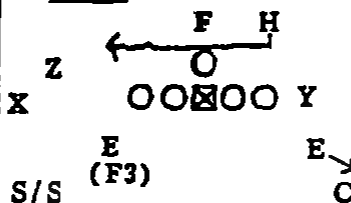
S/S=CHANGE IT

10. TRIPLES



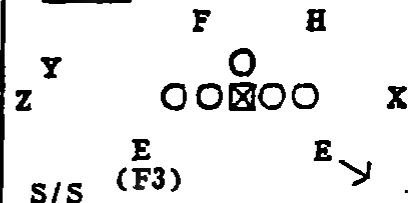
CHANGE IT

11. PEEL



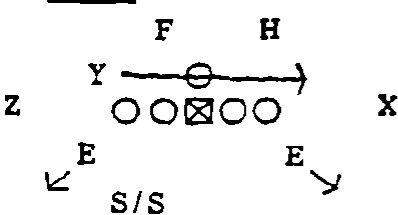
CHANGE IT

12. OPEN



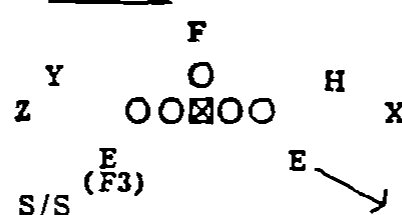
CHANGE IT

13. Y-MO



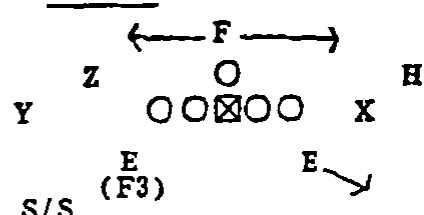
NO CALL NECESSARY
PLAY IT

14. SPREAD



IMP-S/S GO TO FIELD &
CHANGE IT. RE BOX FROM
3 POINT INTO BOUNDARY

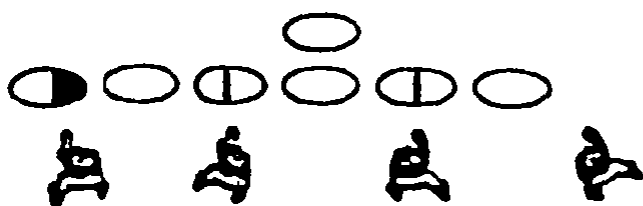
15. EMPTY



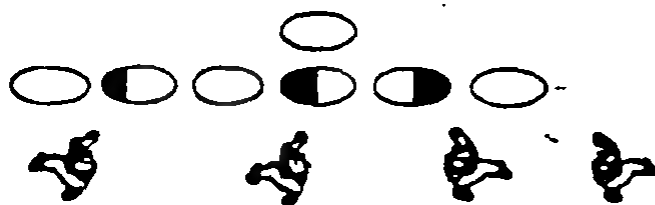
IMP-S/S GO TO FIELD &
CHANGE IT. RE BOX FROM
3 POINT INTO BOUNDARY

NICKEL/DIME FRONTS

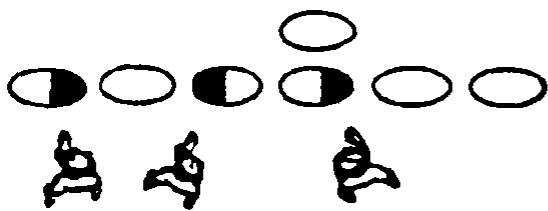
EVEN



UNDER

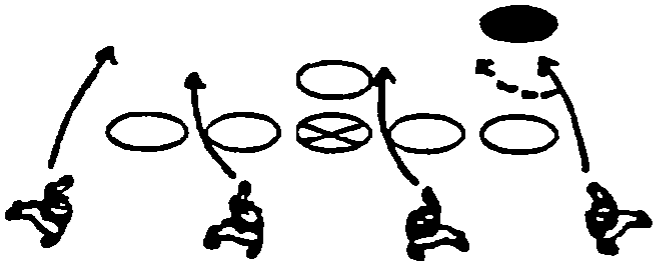


OVER



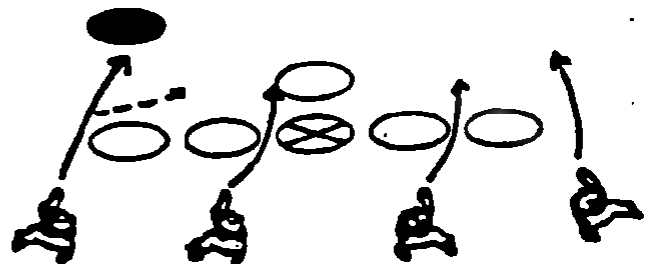
NICKEL/DIME GAMES - EVEN

SICUM - LOG

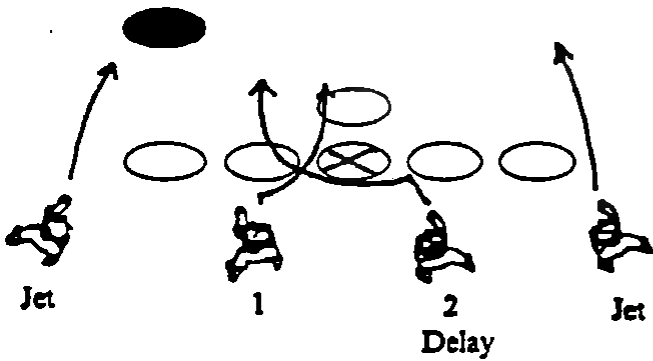


C.P. Call made opposite side of back. End away from call has option to come underneath tackle late.

SICUM - ROCK

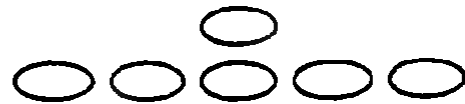
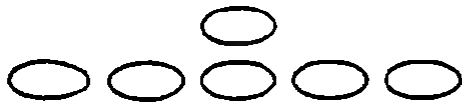
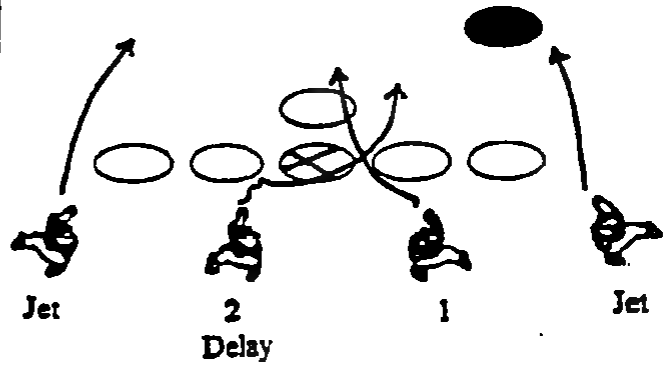


TOM - LIZ



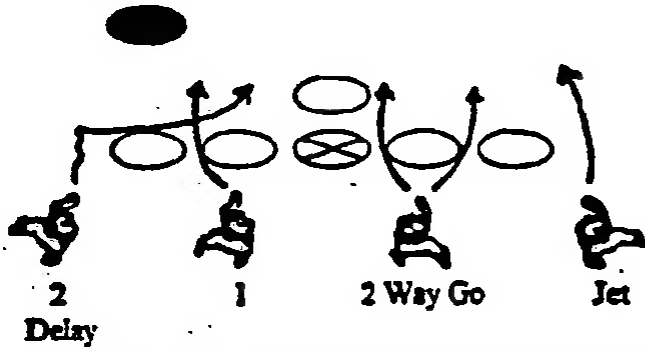
C P Call made to side of back

TOM - RIP

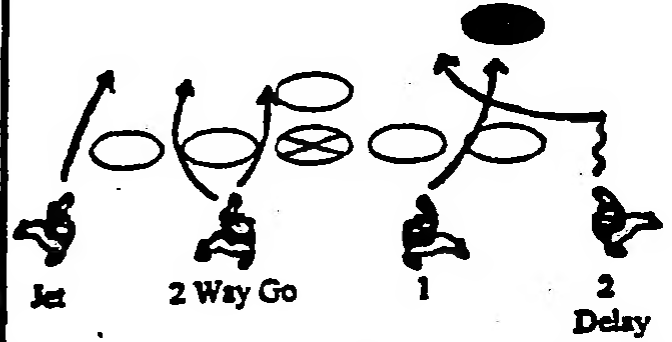


NICKEL/DIME GAMES - T/E

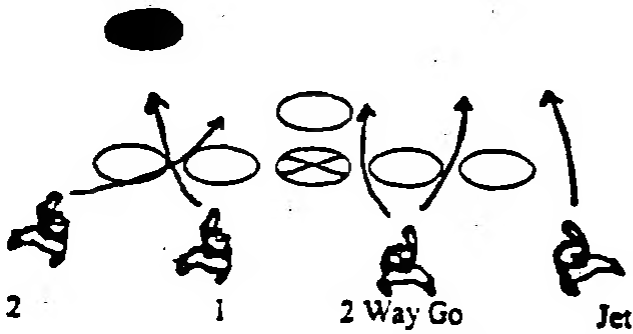
TEX - LUCKY



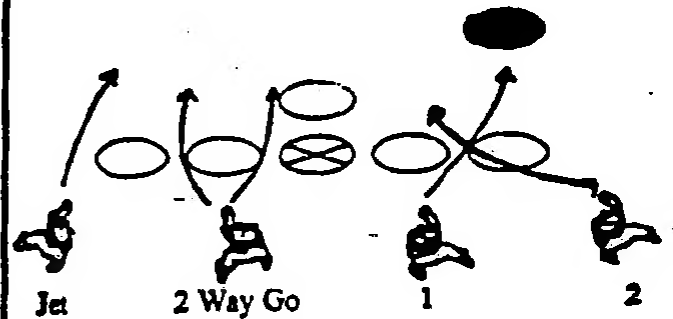
TEX - RINGO



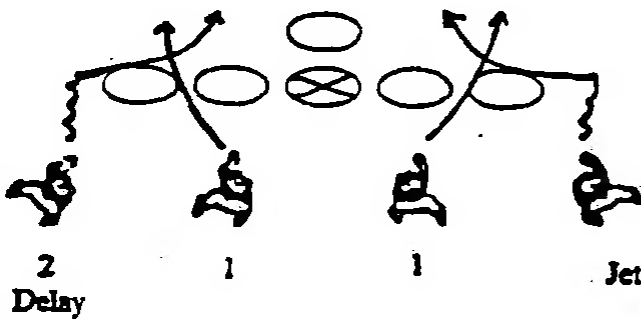
LUCKY (QUICK)



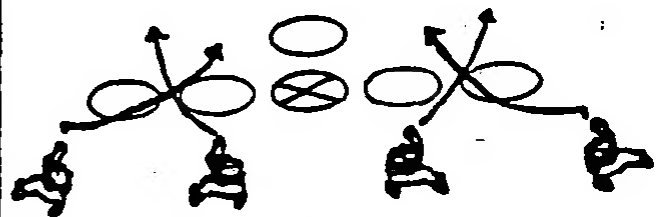
RINGO (QUICK)



TEXAS (DOUBLE TEX)

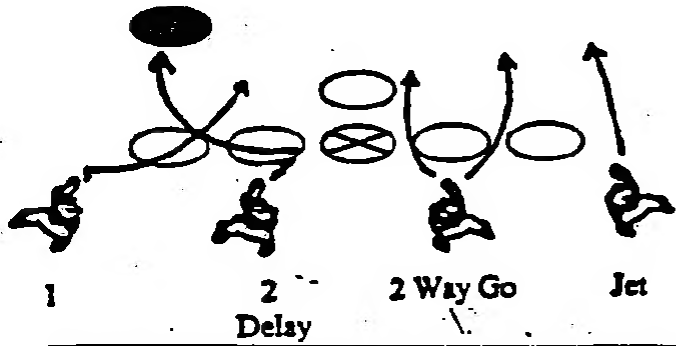


TWIST (QUICK TEXAS)

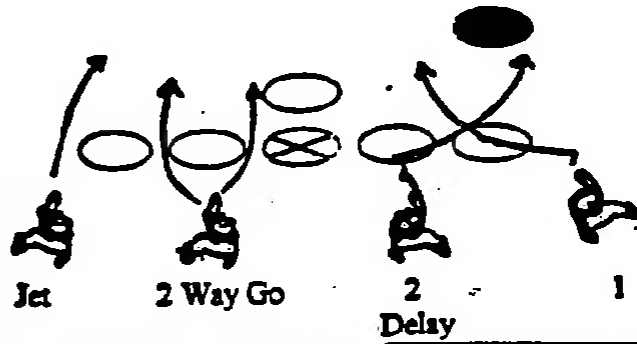


NICKEL/DIME GAMES - E/T

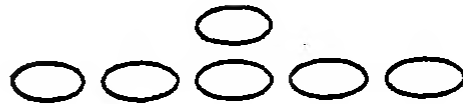
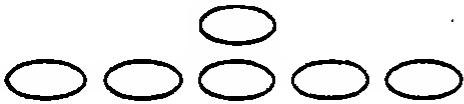
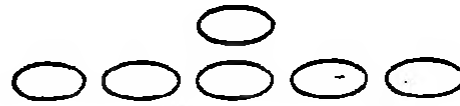
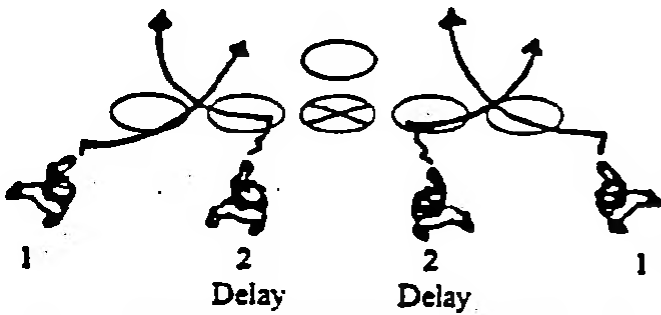
EXIT - LONNIE



EXIT - RON

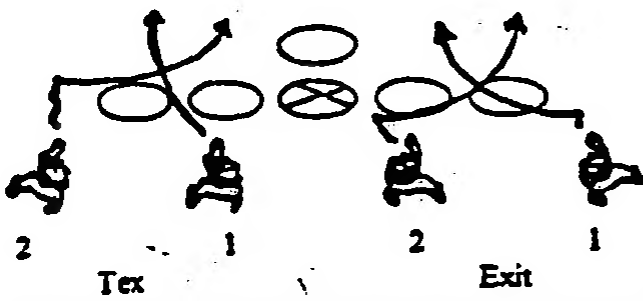


EL PASO (DOUBLE EXIT)

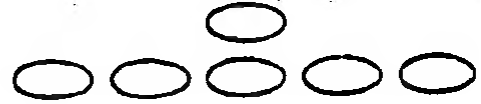
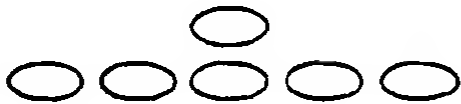
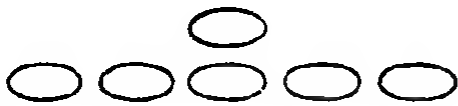
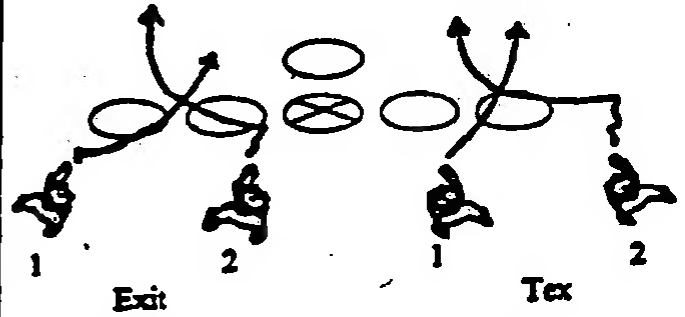


NICKEL/DIME GAMES

TEMPE - TEX/EXIT

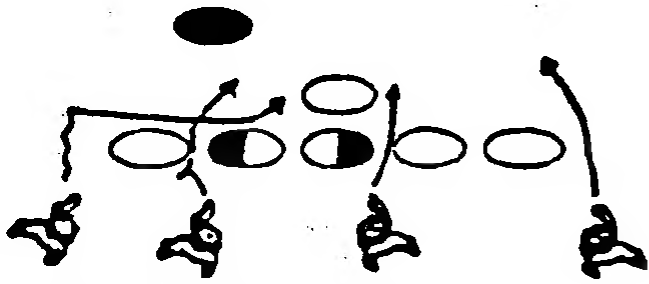


ELKO - EXIT/TEX



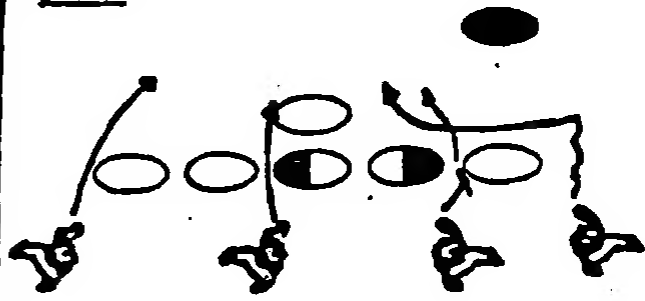
NICKEL/DIME - ODD FRONTS

DART

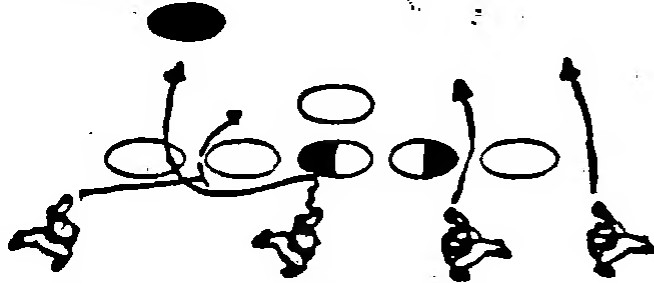


C.P. Tackle, slam the inside shoulder of OT then turn into QB.

DART



RAM



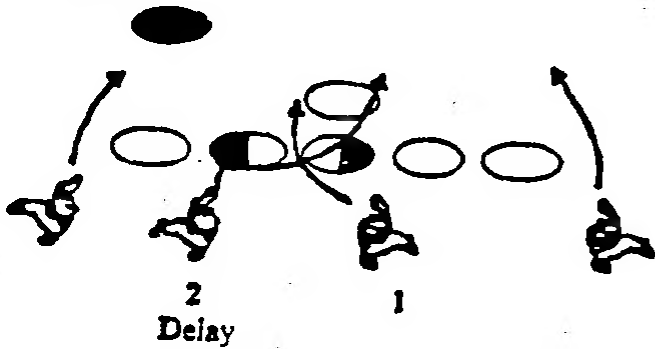
C.P. End, slam the outside shoulder of OG then release to QB

RAM

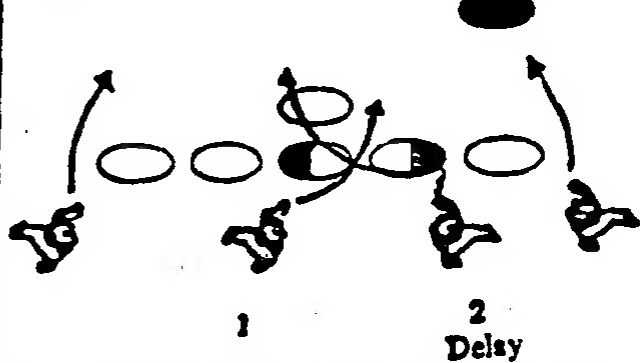


C.P. Under Tackle align away from strength call

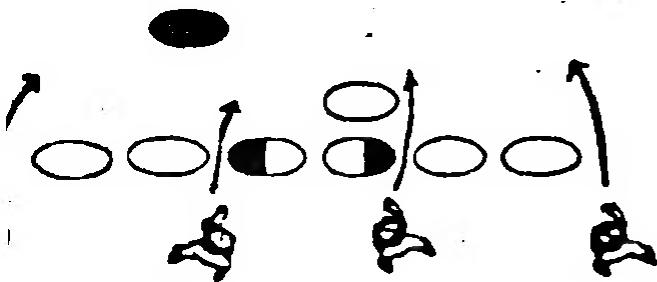
NET



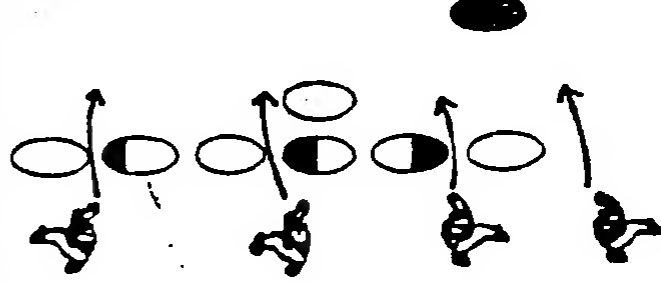
NET



JET



JET



C.P. Tackle to the side of the back will make strength call left/right. If back is in Dot set, we will make strength call based on game plan